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# EDITORIAL

**H**APPY NEW YEAR! I am officially allowed to say this once more, as this is the first *H&E* published in 2016, despite it saying

February on the cover. This issue is always a bit of a personal nightmare for me, as it straddles the Christmas/New Year break, and if I should so much as dare to take any time off, boy, do I pay for it when deadline week comes along. Still, I *did* dare to take some time off and I very much enjoyed it. I pretty much did the sum total of nothing whatsoever apart from drink booze and eat chocolate, which is what most of us do at that time of year. And it was great.

Then deadline week burst in like a most unwelcome party guest, and brought with it another unwelcome present in the form of a nasty lurgy ("there's a lot of that going around at the moment", etc). But I have lived to tell the tale, and, more importantly, to bring you this latest issue.

It's become something of a tradition to feature Spain in the February issue,

and this month is no exception. Among the great resorts mentioned is Charco del Palo, in Lanzarote, to where John and Shelagh Stockdale were lucky enough to win a holiday courtesy of the German naturist travel firm Oböna, which is well worth checking out if you're thinking of booking a trip to the island. And Chris Moore's engaging and witty account of his visit to the Vera Playa Club Hotel is not to be missed.

And many thanks to those of you who gave me feedback on the *H&E* revamp launched with the January issue. The reaction was very positive, with general praise for the diversity of the people featured in the photographs. I can only continue in this vein, though, if readers and photographers keep on sending me such images. There is room for all sorts of shapes, sizes and colours, in my view, and no-one should be shamed for either being slender and pretty or overweight. Naturism takes all sorts, and it does not (well, it should not) judge, and this is something I want to get across in *H&E*.

A few people have also got in touch to

## IN CONTINUOUS PUBLICATION SINCE 1900...



**H&E** has been in existence in various forms for more than a century and is now in its 117th year. It is the oldest naturist magazine in the world, and is the leading monthly title aimed at naturists and all those who enjoy any aspects of their lifestyle without the restrictions of clothing.

**H&E** originally stood for 'health and efficiency', the theory being that continued exposure to the sun and air, in combination with a good diet and regular exercise, was beneficial to health and made the body work more efficiently. Nowadays, naturism is more of a lifestyle choice with much less importance placed on the perfect body image – and more emphasis on travel, sunbathing, naked activities and, most of all, enjoyment.



PHOTO: Charlie Simonds

ask whether I was affected by the floods that devastated much of the North over Christmas. I really appreciate the concern, and very fortunately most of Hull and East Yorkshire hasn't been badly affected thus far – but people here know how bad it can get, after the city was hit by severe flooding in 2007 (just a few hundred yards from my home). I feel so very sad for those who have been affected, and I hope no naturist clubs were badly hit.

**Sam Hawcroft**

## Next issue on sale February 25

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IN THE PICTURE

Jordi and Grant, of  
**Skinny Dippers Mallorca**

by Sam Hawcroft



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*I decide to throw a big 60th birthday bash – on the basis that I'm not going to be around for my real 60th. This raises a fresh problem. Half our circle of friends are naturists, the other half are wrong. How do we accommodate both?*

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# OPINION

## Why nudity alone is not inherently sexual

PHOTO: Howard Fricker (posed by model)



**T**HERE SEEMS TO ME TO BE A DIVIDE IN THE VIEW OF NATURISM AND SEXUALITY. The oft-quoted axiom is that nudity equals sex, and the contra view is that social nudity is completely asexual.

Clothed people find it easy to go along with the first proposition. The second proposition is, I believe, as wrong as the first. Having been, like thousands of others, to many naturist events, I have never seen that outward sign of sexual arousal, an erection. Perhaps it is because we know how to behave; ladies do not have this possible problem, of course, but sexuality is not a matter of ideas, roles or stereotypes set in stone. What sets us naturists apart is that when practical we are nude; we are as sexual or chaste as our clothed brethren, but the brethren find this hard to take in. Nudity can of course be sexual but not always, as we know, when we may have to undress for a medical examination.

Part-nudity is a different matter, in that we can use clothing to accentuate our sexuality – just look on any clothed

### Contribute



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by Howard Fricker

beach and see the dental-floss bikinis. While we are on this beach, imagine suggesting that people there went just that tiny step further to nudity and naturism. The indignation! No, they would just carry on deploying their weapons of mass distraction with just nipples and a tiny shaven cleft covered up. Total nudity inherently sexual? I don't think so.

### Variety of outfits

Recently I had the pleasure of taking some photographs for a young lady who wanted them for a private reason, that is to say that she wanted photos for just herself and her partner. I have done this lots of times for different people. She dressed in a variety of outfits for a range of different shots, one of which involved the use of stockings but she was not sure if the overall look was any good – and would her man like it? I had to reply that if she entered a room dressed like she was, then she was immediately in charge of that room; had she been completely nude, the effect would not have been the same – the clothes were adding to the effect. She was of course an attractive lady and looked good nude (you may guess that I am an admirer of the naked female form), but in this case the presence of stockings ramped up the sexual element of the shot, which is what we were aiming to do. (The photo illustrating this article was posed by a professional model so the privacy of any person has not been breached.)

Stockings are undergoing a bit of a

revival just now thanks to the renewed interest in burlesque, although I know that they never really went away for many men.

There were many shots that day and not one involved total nudity, as we employed various outfits and poses to get the desired effect. The lady in question is not a naturist and does not wish to be so, but knows very well how to look sensual and sexual for the viewer of the finished photograph; in this case it is for the man in her life and no-one else. All her ideas involved clothing in some degree, and not once was total nudity mentioned, which of course it would be if the basic premise were true. We would all be able to take our private photos as all we would have to do is strip off and get out the camera phone. I for one would be out of a job, as there is no skill required, no shot selection, no composition – just get them off and get them out!

Thankfully, it is not that simple. I admire greatly the naked human body, especially the female form. I like to think that I can appreciate its beauty and capture it on film and latterly on paper, but I do not think that it is per se sexually exciting. I long ago realised that I am not God's gift to women and also that not every woman finds me attractive; that's difficult to comprehend, I know, but I have to move on. So it is plain to me that just being naked is no sure way to attracting attention – there is much more to it than that. Nude? Great, but it won't make you irresistible. 

# YOUR VIEWS

## Our enjoyment of naturism carries a measure of responsibility

I write with reference to Mr Walker's 'Opinion' (*H&E* January 2016).

Behaviour in a naturist environment should never cause offence and if, for the majority of those present, it does, then it must inevitably be deemed to be unacceptable. That's why those who adorn themselves with varying degrees of metallic appendages must assume responsibility for possibly causing offence to a greater or lesser degree. My experience has led me to believe that the majority of those who are metallic self-adorners do so with discretion, but that there are always a minority who go over the top – such as the gentleman with his bunch of keys dangling from his penis. I'm pretty broadminded – I had to be; I served as a regular in the Parachute Regiment – but I found his metallic adornment at Abbey House Gardens selfishly and offensively exhibitionist in the extreme – as indeed did the two naturist ladies who were with me at the time. The fact remains that there have been complaints from 'textiles' at Abbey House Gardens about over-the-top metalwork and these complaints have proved to have been most unwelcome.

In discussing Mr Walker's opinion with a number of naturist friends we are agreed that, for the majority of naturists, being naked in public is not necessarily exhibitionist, nor need

## Wry humour changed our views on life modelling

As a seasoned naturist of some 15 years, I've been lucky enough to enjoy the friendship of many people on themed holidays both home and abroad. However, one of the more uncomfortable visits was spent in the company of a young man who went through the same obnoxious routine every time he was about to dive into the swimming pool. He would stand, flexing his muscles – of which there were many – and occasionally yell as if to court attention from others. Once he was sure enough people were watching, he would strut around the edge of the pool, smiling and waving at the onlookers, before finally diving in. My wife and I nicknamed him, rightly or wrongly, as "The Poseur". At mealtimes, he went through similar exercises before picking a table to join. Unluckily for us, he chose ours several times. I know it takes all sorts of people to make a world but he was just so full of himself.

My main point for writing is that he regaled us with stories of his career as a life model. His stories were mildly interesting but all seemed to include something of a sexual nature and his displeasure if he failed to become aroused at least once or twice during a pose. My wife and I agreed, that if this was a sample of what life modelling entailed, then there should be no room for such models in our naturist world. Imagine our surprise then, reading Geoff Howlett's recent *Confessions of a Life Model* in *H&E*. I've never met the man, but his article portrays him as a totally different, ordinary type of chap, with a wry sense of humour. We loved his observations on his work and found his writing really interesting (we hope there's more to come). I guess it all goes to prove that we shouldn't tar and feather everyone with the same banner, just because of one bad experience.

**Bill Tanner, via email.**

it be – but, of course, for a minority (including Mr Walker, obviously) this is a naturist *raison d'être*. Sadly I find myself unable to show respect for any kind of exhibitionist behaviour in a naturist environment in spite of Mr Walker's urging – apart from anything else it can easily cause unease of the acceptance of naturism by 'Joe Public' of the kind that has accompanied Steve Gough during his naked wanderings – exhibitionist behaviour which has in my view damaged a wider acceptance of our liberating lifestyle. Our enjoyment of the freedom of naturism carries with it a measure of responsibility which Mr Walker would do well to acknowledge.

*Charlie Simonds, via email.*

the Abbey House Gardens situation has for me a potential aspect of voyeurism from the textile element. Plus the type of individual highlighted, of whom we have no knowledge whether he is a naturist or just an exhibitionist!

The decline of sun clubs, as I first knew them back in the 1950s, has removed a selection process which in the main set a standard of behaviour expected of all members, as naturists in a privileged naturist environment. Presumably no such vetting is feasible at venues like Abbey House, nor obviously at any beach for that matter.

In the affluence of today's society, so many valued places, naturist or otherwise, are despoiled by certain individuals whose selfish behaviour is in complete disregard for others' comfort and/or sensitivities. A cult of exhibitionism prevails everywhere.

Abbey House has become a victim of such self-centred behaviour, sadly condoned by the recent contributor to *H&E*. Like most things in life, a sense of discretion helps!

*Denis, via email.*

## What's your view?



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The editor reserves the right to edit letters. Those of 200 words or fewer will be considered first and edited least. Please note all correspondence will be treated as intended for publication unless expressly marked otherwise.

## Gardens victim of selfish attitudes

I have never visited Abbey House Gardens, though I am more than aware of it from numerous appearances on TV by the proprietor and coverage by *H&E*.

It is illogical I am totally comfortable and very appreciative of mixed textile and naturist beaches, yet prefer exclusive naturist venues. But I confess

# NUDE NEWS

New home for premier naturist event Nudefest

**AFTER A HIGH-PROFILE MEDIA SEARCH, A NEW VENUE HAS FINALLY BEEN FOUND FOR THE BIGGEST NATURIST EVENT OF THE YEAR.**

Nudefest, which is organised by British Naturism, is open to everyone, whether they are BN members or not. The event, which is packed with entertainment, activities and excursions, had been steadily outgrowing its former home at Newperran Holiday Park in Cornwall, so organisers began hunting for a larger venue. The 2016 event will now take place at Thorney Lakes Camping and Caravan Park, in Langport, Somerset, from July 5-11.

The site is only an hour's drive from Bristol, and it boasts four

acres of idyllic lakeside which can all be enjoyed naked.

The events area will be complete with all the usual facilities, with a large marquee (much bigger than previous ones), complete with heated bar area, a separate restaurant tent and smaller tents for use by various people.

BN says the events timetable is still being worked on, but one trip out will hopefully be to a well-established local museum. Daytime sessions will consist of willow-making, yoga, Indian dancing, archery and painting, to name a few. In the evening there will be live bands, the traditional barn dance and disco, and much more. People are urged to book online by visiting [www.bn.org.uk/community/store](http://www.bn.org.uk/community/store).

## Woman stabbed at US naturist resort

An 18-year-old woman is recovering after being stabbed while walking along a nature trail at a Florida naturist resort.

The woman reportedly suffered multiple stab wounds in the attack at the Sunsport Gardens Naturist Resort in Loxahatchee in December. The Palm Beach County Sheriff's Office said her injuries were not life-threatening.

The resort's general manager, Morley Schloss, told CBS News that authorities had not yet identified the woman, who had arrived at the resort on a bicycle.

"We don't have a clue who did it," Mr Schloss added. Police were searching the densely wooded area around the resort with dogs, he said.

The stabbing shocked the more than 100 guests and employees at the resort, Mr Schloss added.

"It's a peaceful, quiet, family-oriented place. We've never had anything like this. We don't have a bar, we don't have intoxication here. It's a complete aberration."

## Naturist Action Group

The Naturist Action Group campaigns for naturism in Britain, seeking more locations and better facilities for those who enjoy the naked lifestyle, and greater recognition by non-naturists. In order to achieve our aim, we need to grow. If you think naturism should be promoted to the wider British public then get in touch. We need you.

You can donate to NAG by sending a cheque, made payable to Naturists Ltd, to The Treasurer, Naturist Action Group, Dolphins House, Boxers Lane, Niton, Isle of Wight PO38 2BH.

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with Theresa O'Shea

# SPANISH EYE

## Hectic holidays

As I write this month's Spanish Eye at the start of the year, I'm sat at my mum's computer in the UK, looking out over soggy wet fields and blanket grey skies. It could be worse. There have been no floods in the Midlands, and we're warm and toasty and enjoying a bit of post-Christmas quiet. The contrast between where we were this time last week, though, couldn't be greater. December was unseasonably warm (and dry) with temperatures reaching as high as 20-21°C. Luckily for us, the good weather held for the four days over Christmas that we spent with the García family at 'our' rural retreat near Cordoba. Splendid sunshine meant that every day we could enjoy long, leisurely lunches outside in the barbecue area by the pool, lunches that morphed into dancing and singing sessions and a neverending flow of cava and copas. Did I mention there were 56 of us? Fifty-six! Forty adults and 16 children under the age of 12. Every single one of them a member of husband Guengo's family! I've always been impressed by the way they organise the catering for so many people, but never more so than this year. There were four master chefs, each of whom was in charge of a particular meal or dish, and then the rest of us were on a rota as kitchen assistants. Not only did everyone get to eat hot food at the same time, but the quality of the cooking was absolutely superb. My contribution? Making – and tossing – over 50 pancakes on Christmas Day morning!



## Naked politicians

If you've been keeping up with recent European news, you'll know that Spain is currently Governmentless, following the General Election on December 20, in which no party won a clear majority. The conservative Partido Popular, under still-Prime Minister Mariano Rajoy, won the largest number of seats, followed by the Socialist PSOE party, led by Pedro Sánchez. So far, neither leader has been able to form a government. Both parties lost millions of votes to the two new parties on the block, the centre-right Cuidadanos (Citizens) and the leftist Podemos ('We can'). Compromises will need to be made for either a centre-right or a centre-left government to be formed, but thus far nobody is giving an inch. You may have read about the Cuidadanos party on this page some years ago, with reference to their photogenic, super-young (now 36) leader, Albert Rivera. Rivera shot to fame during regional elections in Catalunya in 2006, mostly because he appeared completely naked (with his hands covering his manhood) in leaflets and on posters, as part of a campaign against Catalan nationalism. Now that Rivera's become a 'serious', national politician, the media have not been slow to recall his earlier nude antics. While it doesn't seem to have harmed his reputation (but, really, why should it?), Rivera confessed to one TV interviewer that "It was a frivolous act, one that could have gone badly wrong". Meanwhile, there's a video doing the rounds on social media of a naked young man, said to be Rivera, wringing out his trunks on a nudist beach.



## L'Espirrelló naturist beach

The five-star Montiboli Hotel in Villajoyosa, which overlooks one of the prettiest little naturist coves on the Costa Blanca, is now actively promoting itself as an ideal destination for the discerning naturist. As we can read on the Montiboli website, the hotel has its own set of private steps leading down to the naturist beach known as Playa L'Espirrelló. Guests also have access to the neighbouring

La Caleta beach, which is described, charmingly, as a "clothed beach". The beach and hotel both get a mention in *The World's Best Nude Beaches: The Top 1,000 Places to Get Naked.*



## Nudist Pride 2016

Gay pride, nudist pride, it's a logical progression. This year on July 2, on the same day as Madrid's epic LGBT Pride March, also taking place will be the Orgullo, Marcha Pronudista. Last year, many of the partying participants in the main event marched naked or almost completely naked as part of the nudist contingent. Joining in as part of a larger group makes sense, as I remember when Guengo and I took part in the Pronudista march of 2008, we were a bit 'lonely' (our numbers were few) as we walked through the streets near the Plaza de Cibeles to and through the Retiro Park. Let's see how my work calendar pans out in July this year, as I really rather fancy a bit of Gay/Nudist Pride fun.

## Get in touch...

If you'd like to contact me with any Spanish-related naturist news, I'd be really happy to hear from you. Write to me at [spanisheye@henaturist.net](mailto:spanisheye@henaturist.net)



## **Shark attack!**

At the end of December, a 38-year-old Spanish woman was bitten by a shark while swimming on Arinaga Beach, off the coast of Gran Canaria. Though the pictures of her toothmark-studded arm looked pretty nasty, the woman told reporters that she'd hurt herself more when cooking or when she'd fallen off her bike. Still, shark attacks are hardly good for tourism, and the Gran Canaria authorities were keen to insist that it was a one-off occurrence. Fernando Frias, president of the Canary Islands Shark Alliance (!) told the *Daily Mail*: "I doubt something like this will happen again in the next 50 years so people shouldn't be afraid." However, the news website Canarias7 reported that this was, in fact, a second attack. In August, another swimmer had been bitten by a shark, this time on the foot, while swimming on the naturist part of Playa el Ingles. Experts have now confirmed that the bite marks on the 'first' victim's foot were made by the same type of small shark.



## **New naturist option in Mexico**

More naturist-friendly accommodation is now available in Mexico, at Villa del Señor, near Manzanillo, on the Pacific Coast. There is just one *cabaña*, described on the website as "a private secluded beachfront refuge surrounded by nature". And indeed, from the photos, it looks quite lovely, the interiors decked out tastefully in bold Mexican colours, and the pool and gardens set right on the edge of the clothing-optional beach. There's a whole page on the website dedicated to naturism, explaining what it's about, encouraging people to give it a go, and making it clear to potential guests that the villa caters strictly to adult couples.



**Total relaxation:**  
Guengo on  
holiday in  
Mexico a few  
years ago

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A wide-angle photograph of the Costa Natura resort. In the foreground, there is a large, blue, rectangular swimming pool with a metal ladder. The pool area is paved with light-colored tiles. In the background, there are several white, two-story buildings with red-tiled roofs, typical of Andalusian architecture. Several tall palm trees are scattered throughout the property. The sky is clear and blue.

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# FOCUS *en* FRANCE



with James Avery

## History lesson

During the Christmas holiday I was sorting through some back numbers of *H&E* and was interested to read a question from a reader asking if there was any proof that naturism could help her skin problem, which at times caused irritation, but at other times gave rise to a great deal of physical pain as well as quite severe mental and sexual problems affecting her personal relationships. Without actually answering the question, the *Q&A* on the last page of the December issue of 2014 launched into a very erudite discourse on the early history of naturism in France, and I learned a great deal, particularly about the role of Dr Joseph Poucel, who was the chief consultant surgeon at Marseille General Hospital and who studied the effects of naturism on the healing process in his patients and encouraged exposure of the entire body to sun and air and naked bathing at least once a week. The publication of his book *Le Naturisme et la Vie* did indeed attract many French people to naturism and is one reason – the climate is another – that naturism is more popular in France than here and they are so much less prudish about nakedness. My French wife comes from a very conservative family and I was horrified when

she told them casually at lunch that we were naturists. No-one blinked an eyelid, although it always remained a family joke when they imagined her doing the washing-up in our campervan clad only in some pink rubber gloves.



## The rise of naturism in France

There was an interesting article in a recent issue of *La Vie au Soleil* on the rise of naturism in France, starting in 1776, when Dr Jean Baptiste Luc Planchon addressed the Academy of Dijon stressing the health benefits of naturism, but I can find no mention of Dr Joseph Poucel in this article.

I have written previously of Drs André

and Gaston Durville establishing the naturist village of Heliopolis on the Île du Levant in 1932, but I have only recently discovered that Marcel de Mongeot and Yvan de Laval created the first naturist club in France, the Sparta Club, many years before in 1920. I was intrigued by the choice of that name, although I knew that in the Ancient Greek Olympics, competitors were completely nude, as shown in the picture of Milo of Kroton, who, with his well-oiled perfect physique, won the wrestling event six times. The competitors were all male and in certain events were allowed to wear a *kynodesme*, a thin leather thong that acted as a penis restraint, as illustrated here.

Married women were banned from the ancient Olympics on penalty of death; maidens could watch, but were not allowed to compete, except in Sparta, where they had their own games in the festival worshipping the goddess Hera. The girls trained alongside the boys and competed nude in events such as running, wrestling, throwing the discus and javelin, and “trials of strength” in the belief that they would breed strong warrior sons. Girls competed in Gymnopaedia, the Spartan festival of naked youths, and are portrayed in Spartan art; a fine figurine is exhibited in the British Museum.

When the Romans conquered Greece, they regarded the Olympics as a pagan festival, and in AD 393 the Christian Emperor Theodosius banned the games until they were revived 1,500 years later in 1896, unfortunately without the athletes competing in the nude. Another sad example of the way Christianity with its accompanying prudery has clothed the planet. 

## Get in touch...



If you have any news or information about naturism in France, email [focusenlabellefrance@gmail.com](mailto:focusenlabellefrance@gmail.com)



**It's winter in Portugal, where I live, so there's a limited amount of activity on the naturist scene at the moment. But if it's quiet in the homeland, there's a lot happening in Portugal's largest former overseas territory, now enjoying a southern hemisphere summer, so here's a round-up of the latest naturist news from Brazil.**



## Light my fire

If you happen to be in Brazil on February 21, you can celebrate the country's Day of Naturism. The date marks the birth (in 1917) of naturist pioneer Dora Vivacqua, who under her stage name of Luz del Fuego (Light of Fire) was a Brazilian feminist, actress, ballerina and striptease artist who became famous in the 1950s for her stage act, which saw her wrapping pythons around her naked body.

She also established Brazil's first naturist club, on the island of Tapuama de Dentro off the coast of Rio de Janeiro, which was renamed Ilha do Sol (Island of Sun). And if you're looking for names to add to the list of famous naturists, it

# BRAZILIAN BLEND

with Paul Rouse

### Number 9 dream

Brazil could be about to get its ninth official naturist beach. Itaguaçu, near Florianopolis in the south-east of the country, has been put forward as a contender, following a recent 12-day meeting there of naturists and eco-specialists.

The beach takes its name from the large and distinctive stones which dot the shoreline, and has golden sand and calm, clear waters, making it ideal for swimming and snorkelling. Almost 700 metres in length, it is considered to be one of the most beautiful beaches in the region, and unusually for naturist beaches, has a good infrastructure of kiosks, bars and restaurants, as well as a bicycle path. A handful of local fishermen are the only permanent residents however, and due to its relatively remote location, it is rarely packed, hence its popularity with the naturist fraternity.



was a popular holiday spot back in its day for Hollywood stars such as Errol Flynn, Lana Turner, Ava Gardner and Tyrone Power.

Challenging many of the conventions of the time, Vivacqua led a fascinating life: posing naked on magazine covers, hospitalised for schizophrenia, running for political office and eventually being murdered in mysterious circumstances. And if you think that sounds like it would make a great idea for a movie, you're right: she was portrayed by Lucelia Santos in an award-winning 1982 biopic.

### Showstopper

A modern-day Brazilian feminist meanwhile has recently made her own mark. Singer Barbara Eugenia surprised (and delighted) fans by stripping

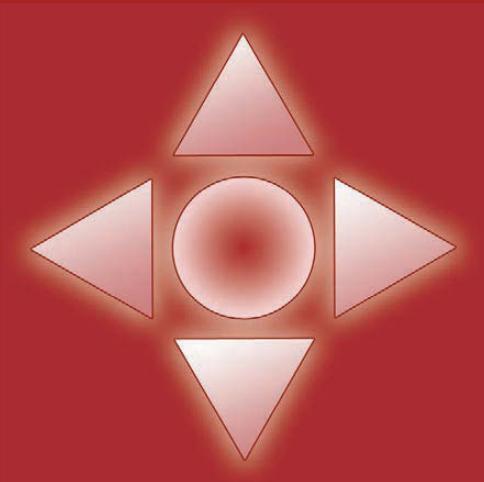
completely naked for the final number of her show at the SESC Belenzinho cultural centre in São Paulo, as part of her support for the campaign to legalise public nudity and the rights of women. To show their solidarity, her male backing musicians Tata Aeroplano and Peri Pane joined her in the protest and also stripped off. The singer, who is currently promoting her third album entitled *Frou Frou*, wrote on her Facebook page after the event, in a classic understatement, that the show "ended well, with much love." ☺

### Get in touch...

If you have any news or views on the naturist scene in Portugal, send them to [info@naturistportugal.com](mailto:info@naturistportugal.com)



# NATURIST ACTION GROUP



with Reg Barlow

**HAPPY NEW YEAR FROM ALL AT NAG.** As with last month, to save words, this month's news will be published on our website with full web links.

## Membership New Zealand

Two items published by Stuff.co.nz last December might be pointing to a brighter future for naturism – at least in that part of the world. First off, Canterbury Free Beach Nudist Club told *Stuff* that while the over-60s still made up most of the membership, a good proportion were under 30 and are growing in number, but are seeking even more.

Meanwhile, the Auckland Outdoor Naturist Club had not far short of 1,000 members back in the 1960s. Sadly they don't any more, and the club caretakers – husband and wife team Don

## Find out more...

This is an edited version of a blog, which can be read in full at [www.naturistactiongroup.org](http://www.naturistactiongroup.org). NAG is staffed by volunteers and supported entirely by donations. Please visit our website to either donate via PayPal or to learn how the Naturist Action Group intends to promote UK naturism.



## Official beach 'could boost Queensland's economy'

The Australian Sex Party – yes, you read correctly – in Queensland has submitted proposals to the State Legislator to make Alexandria Bay, part of Noosa National Park, just north of Cairns, an official clothes-optional beach, according to *Noosa News*.

The Australian Sex Party said its proposal will only make official what has been happening there unofficially for the past 70 years, and could be worth \$50 million to the local economy, with more than 80% support in the local community. But the website *Beachsafe* noted it is only approachable by foot and the swimming there could be hazardous.

Tourism Noosa is yet to comment on the proposal, but it is committed to the rebranding of Queensland as 'Australia's Nature Coast' with the aim to increase tourism, particularly from Europe.



Boughman and Minca Englebrecht – are keen to "get it back to its glory days" by attracting under-40s back to the club. Boughman remarked that: "There's a saying that the first lie you tell is the clothes you wear – take those away, it's just you."

If you live in New Zealand, what's the harm?

## A lady bishop for nudists

With typical *Daily Mail* outrage (29/11/2015), the paper tells us the next Bishop of Sherborne is to be Karen Gorham, with the headline: "Bless me! It's Britain's first NUDIST Bishop..."

Archdeacon (as I write this) Gorham is the co-author of *Naturism and Christianity: are they compatible?* back in 2000, hence the outrage. Brought up in a naturist family, Archdeacon Gorham added her insight into the ethics encountered by naturists with a strongly held belief. She continues to be an advocate for the lifestyle, although

she herself no longer practises.

The Rev George Curry, former chairman of the conservative Church Society told the *Daily Mail* that her 'comments made her unsuitable to be a bishop' and against 'traditional teaching'.

*Naturism and Christianity: are they compatible?* by Karen Gorham with Dave Leal is still available through Amazon.co.uk.

## Humanist nudes

A Young Naturists America blog post pointed me towards more ethical debate in the form of *The Humanist Experience*, a podcast by Serah Blain and Evan Clark. In episode four they focused on the issue of body shame and how it is viewed in American culture. Although Blain and Clark are work colleagues and share a house, it was interesting to hear their concerns as they saw each other naked for the first time. 



# BRITISH NATURISM

**Hello, and a happy 2016 from all of us at British Naturism, the national organisation representing naturism and naturists across the UK. We're really hoping that we can top the successes of 2015, with a packed events programme, solid campaigning and well-targeted publicity work. With naturism having a higher profile at present, and more and more people giving our way of life a try, we're feeling confident!**

## Women in Naturism

We announced in the previous *H&E* that we have planned another Women in Naturism weekend over June 4-5. We were heartened by the success of the 2015 weekend, as clubs and swims across the country organised special events. It's unfortunately true that many women are more reluctant to try naturism than men – we hear this all too often. The pressures on women to look a certain way and aspire to a specific body size are all too real and, when coupled with the misapprehensions that sometimes exist about naturism, it makes it difficult for us to encourage women to take part. Women in Naturism is a means to tackle this, by specifically organising events that show women how safe and welcoming our environment is.

We were pleased to see that on the back of last year's Women in Naturism weekend, many clubs have continued to hold these events. Recently Diogenes Sun Club in Chalfont St Peter held a Christmas skinny-dip just for women. The guests were treated to mince pies and mulled wine, along with a

warm welcome from club members. Interestingly, many of the women ended up having a sauna – which was where the men were keeping out of the way – as by this time they felt so at ease in a naturist environment. Some have since expressed interest in visiting again – proof indeed that such events work!

If you are in a club or swim, please think about holding an event for women – we can help with publicity and PR as well to make it a success.

## Legal Guidance

The Scotland and Northern England (SANER) region of BN has produced some new pocket-sized legal guidance for members, covering the law related to public nudity, along with advice on dealing with the police. It's a really useful piece of work and members will have received a free copy with the next issue of *BN magazine* (new members will get one on joining). Look out for yours when it drops through the letterbox.

## Come and join us!

British Naturism is the national organisation for naturism and works hard for the benefit of all naturists. We're run by a team of volunteers, supported by a small paid staff. Along with promoting naturism, challenging threats and prejudice, and campaigning to raise awareness of issues, we also provide an invaluable focal point for anyone wanting to find out more – including potential naturists, the media and authority figures. Individuals often look at what they get, but far more important is their membership fee, which for more than 50 years has allowed work to be done, events to be arranged, a website to be kept up to date, publicity materials to be produced, interviews given, articles placed, advice provided, a national, vibrant community to be created and so much more. Some say membership should be compulsory... membership costs less than the price of a pint of beer a month – you'll be playing your part in supporting all the work we do, for everyone. Join online at [www.bn.org.uk](http://www.bn.org.uk) or call 01604 620361. You can also get a free membership pack including a copy of our magazine if you'd like to find out more before deciding.

**Women in Naturism:**  
2016 campaign  
planned for  
June 4-5



## New home for Nudefest

We've been hunting for a new venue to host one of our flagship events of the year, Nudefest, after we outgrew Newperran Holiday Park in Cornwall. The much-loved event, packed with entertainment and activities, was attracting ever more guests, so we mounted a media campaign urging enterprising venue owners to come forward, and we even managed a nice piece in *The Independent*.

The great news is we now have a new venue. Nudefest will be held from July 5-11, so put it in your diaries – and we can reveal it will take place at Thorney Lakes Camping and Caravan Park, in Langport, Somerset, just an hour's drive from Bristol. It has a large rural boundary and four acres of idyllic lakeside that can all be enjoyed naked.



# HEALTH NOTES



with Barbara Lower



## My knee hurts...

**T**HE KNEE JOINT IS PROBABLY THE MOST LONG-SUFFERING JOINT IN THE BODY. It is a simple hinge joint between the thigh bone (femur) and the shin bone (tibia) with the kneecap (patella) at the front articulating with the front of the femur. It is vulnerable to injury and arthritis as it takes the full weight of the body day in and day out. Its stability is maintained by four ligaments – the medial ligament between the femur and the tibia on the inside surface of the knee; the lateral ligament on the outside and the anterior and the posterior cruciate ligaments which form a cross inside the knee itself, the anterior one going from the front of the tibia to the back of the femur and vice versa for the posterior one. Although these are able to hold the joint together well, the function also depends on the quadriceps muscle – the big muscle on the front of the thigh. The muscle runs from the pelvis to the patella and then on to the upper part of the tibia. As a large powerful muscle it holds the kneecap in position from above and from both sides and then carries on downwards to attach firmly to the tibia.

### Look after yourself...

**i** Barbara Lower is a retired GP who lives in Derbyshire. Her advice is for information only, and we would always recommend you see a doctor in the first instance before embarking on any new course of treatment.

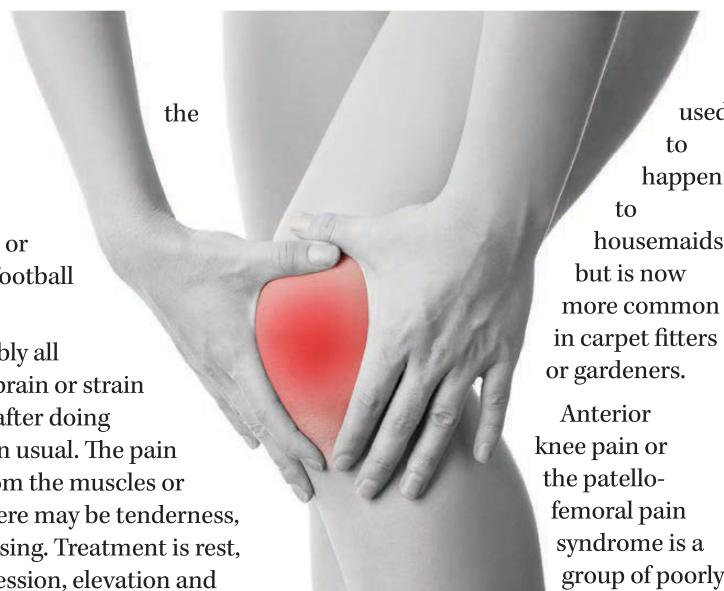
Knee pain can occur at age but

arthritis becomes more common as we get older and knee is prone to injury especially during sports involving turning or twisting such as football or skiing.

We have probably all suffered from a sprain or strain of the knee joint after doing more activity than usual. The pain usually comes from the muscles or ligaments and there may be tenderness, swelling and bruising. Treatment is rest, ice packs, compression, elevation and painkillers. Warming up and cooling down before and after exercise are important in prevention of strains and sprains as is having the right footwear for the activity.

Sports injuries may involve torn ligaments or tendons. Ligaments connect the bones together and tendons connect the muscles to the bones. After a twisting injury, the knee may feel unstable due to damage to the anterior cruciate ligament. The knee has pads of tissue between the femur and the tibia acting as shock absorbers. These are the medial and lateral meniscus but they are often called cartilages. These are also prone to tear in twisting injuries causing pain, swelling and sometimes locking of the joint. The torn cartilage actually jams in the joint and it is not possible to bend or straighten the knee.

Bursitis of the knee is a common problem and is usually called “housemaids’ knee”. Repeated irritation, usually due to prolonged kneeling, leads to fluid collecting over the kneecap. It



the used to happen to housemaids but is now more common in carpet fitters or gardeners.

Anterior knee pain or the patello-femoral pain syndrome is a group of poorly understood conditions

causing pain at the front of the knee over the kneecap. It usually affects both knees as a dull ache and is worse after sitting for long periods or on stairs. It is treated with painkillers and physiotherapy.

Osteoarthritis of the knee is a major cause of disability. It leads to persistent pain and stiffness with loss of mobility. The protective surfaces of the femur and tibia are damaged causing bone to grate on bone. Initial treatment is painkillers and exercise but the only long-term cure is a knee replacement.

In most of these conditions the story and examination of the knee will give a good idea of what the problem is. X-rays are only useful for looking at the bones as in arthritis or in an injury where a broken bone is suspected. MRI scans are much better at showing damage to the tendons, ligaments or cartilages. Arthroscopy involves looking inside the joint to see where the problem lies.

The knee is an important joint – treat



PHOTO: © Steve Betts/British Naturism

# DISABILITY MATTERS

with Martin Warrilllow

**A**S YOU'D IMAGINE, BEING A STROKE-SURVIVOR DOESN'T HAVE TOO MANY UPSIDES (APART FROM THE FACT THAT IT'S BETTER THAN BEING A STROKE NON-SURVIVOR). For a start, and as I've said previously, the experience of feeling as if a nuclear bomb is going off in your head when the stroke strikes is something I wouldn't wish on anyone and I never want to experience again.

But surviving a stroke teaches you to have a positive attitude to every single day. And one of the more positive aspects I've discovered is how widely my circle of friends has expanded since I started writing, blogging and inquiring about stroke. I am now in regular touch with survivors and carers all over the UK, as well as in the US and Canada and beyond. I have found friends in 21st-century social media who can help me understand how the writing world has moved on and changed since I first became a journalist in 1986.

And I have also been introduced to naturists I would never have met. I have previously mentioned Becky, one of my best friends in the stroke community, who just happens to be an enthusiastic naturist. Through her, I was introduced to Sue and Greg from South Wales, which brings me to this column's topic.

Greg is a former Army man, who has been a naturist for 30 years; no doubt partly due to extensive time spent on foreign postings in hot countries that have a relaxed attitude to the wearing of clothes; Sue had never heard of naturism before meeting her new partner but has quickly begun to appreciate the freedom and relaxation that naturism brings and now rarely wears clothes while at home.

[www.henaturist.net](http://www.henaturist.net)

Something is still bothering her, though. It bothers a lot of women in naturism, whether new or experienced, and until some men change their attitude, it will severely restrict the numbers of women in naturism.

Sue has started to explore the online naturist world and tells me she has often felt harassed, bullied and even threatened by the number of men who think it is OK to post close-ups of their genitals (often with obvious erections) on naturist social media, and if anyone complains, they tell them to get over it.

Sorry, but how is that OK? I've always defined naturism as non-sexual nudity, so what have your genitals got to do

**Sue has started to explore the online naturist world and tells me she has often felt harassed and bullied**

with it? And it's not just men. I have regularly seen women pictured on some sites with their legs wide open. When I was editor of *British Naturism* magazine, I refused to publish such pictures, male or female. The person involved often wrote to complain, but as editor, I took the view that I would offend more people by publishing than by not.

Like Sue, I stand firmly on one side of this debate. Naturism needs more people involved – and more younger people. Those of us who have been naturists for decades have a responsibility to make it as comfortable as possible for them to get involved. Harassing, bullying and threatening them with pictures of erections (and,

by the way, demanding they get fully undressed before they feel comfortable doing so) is a quick way to send them scurrying in the opposite direction.

I also briefly want to mention the debate about visitors to our homes while we are nude. I have recently met a number of people (predominantly men, it must be said) who now have notices outside warning visitors that they will meet naked people. It's certainly one way to deal with the issue and it's true we are perfectly entitled to do what we like behind closed doors, within reason.

But I also know a number of people (predominantly women, it must be said) who spend their time at home nude but keep a sarong or towel handy, as they do not wish to offend unexpected visitors.

I am probably in the latter camp; if I hear the parcel delivery man approaching, I will search for a towel or put on a pair of shorts, although I have no problem being seen by our neighbours through open curtains.

It's an interesting argument; one that's probably been going on as long as naturism has existed. But I'd be interested to hear your view, whether male or female, on how you handle the problem of unexpected visitors. After all, it's a problem that won't go away. **ME**

## Ask the Warrior!



Martin Warrilllow has been a journalist for more than 20 years, spending many years working on the *Birmingham Post*. From 2010-2013 he edited *British Naturism* magazine. In December 2013, he suffered a stroke that nearly killed him. He is now passionate about helping people understand the causes of strokes, how to deal with them and how to rehabilitate stroke survivors. Visit his website at [askthewarrior.com](http://askthewarrior.com)



# TANGLED WEB

**Paul Rouse continues his series of reviews of naturist websites. This month: the Canary Islands**



**WEBSITE:** Magnolias Natura

**URL:** [www.magnoliasnatura.com](http://www.magnoliasnatura.com)

**CONTENT:** Concise website for this upmarket naturist holiday resort in Gran Canaria, including accommodation, facilities, photo gallery, prices, availability, booking form and special offers.

**DESIGN:** Clean, modern, bright and professional-looking, taken, it appears, from one of the better template formats. The home page is somewhat surplus to requirements, as you still need to click through to the About Us section to find out anything useful. And it's not obvious immediately that this is a naturist venue: too many people seem to be wearing clothes in the photos.

**PRACTICALITY:** The sections are kept to a minimum and clearly signposted, so finding your way around is fairly easy. The division of the photo gallery into sub-sections seems superfluous, however, as there aren't that many

photos to begin with.

**CONCLUSION:** More information on the destination itself would help, although the venue itself is well-promoted. The web designer/copywriter perhaps needs to put himself in the reader's shoes a little more.

**WEBSITE:** Nudelanza

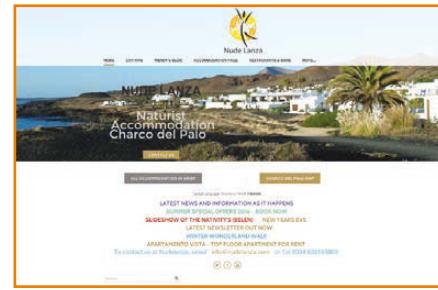
**URL:** [www.nudelanza.com](http://www.nudelanza.com)

**CONTENT:** Venue and destination information promoting this naturist holiday complex in Lanzarote, including accommodation, facilities, availability, special offers and things to see and do.

**DESIGN:** More blog than website, it suffers from some of the inherent technical and design limitations of the format, although the 'homely' image is

**RATING:**

**7/10**



perhaps the one the owners are trying to put across.

**PRACTICALITY:** You need to move around quite a bit to get to what should be easily available as the essentials – who, what, where, how much – and some judicious editing of the text (and holiday snaps) wouldn't go amiss.

**CONCLUSION:** Put together on a tight budget, but can't be criticised for lack of effort and enthusiasm.

**RATING:**  
**5/10**

**WEBSITE:** Spice Lanzarote

**URL:** [www.spicelifestyle.com](http://www.spicelifestyle.com)

**CONTENT:** It's billed as "a paradise for naturists, libertines and genuinely curious couples seeking a sexy holiday" and if the name didn't give the game away, the graphics certainly do. All the essential information you need is there, plus lots of extras including events, news, special offers and a comprehensive photo/video gallery – and it's all kept up to date.

**DESIGN:** The website reflects the resort: cutting-edge, sexy and fun. They've spent money on professional website design, photography and PR, and it pays off. If this type of resort/holiday suits you, this screams 'book now'.

**PRACTICALITY:** 'Everything at your fingertips' is not their marketing slogan, but it certainly describes the website, and the only link that doesn't seem to work is the banner to the European Lifestyle Awards.

**CONCLUSION:** Hard to fault, and a model for others to follow.



**RATING:**  
**9/10**

**Meeting new people:**

Naturist swims are a great way to socialise without major cost or commitment

# Q&A



I am a 35-year-old single woman and I am a lesbian – or at least I think I am. About 18 months ago I came across an article in a Sunday paper about naturists, and from that time on I became interested in the subject. I work in a news agency office and have access to all kinds of printed media so I started cutting bits and pieces about nudity from newspapers and magazines and sticking them all in a large format scrapbook. I did try searching the internet as well, which I found very confusing, so I went back to my initial method which produced much better results. You wouldn't believe how much I found; I have almost filled my scrapbook right up and I have now become fascinated by the whole thing. In between times I bought a couple of *H&E* magazines which I found on an antique market book stall.

As far as my personal life is concerned, my first relationship was a conventional male/female one and we were together for three years. When we split up I formed a short-term relationship with a woman of my own age, but after we had lived together for about a year I decided it was not for me and we parted on good terms. I then had another short-term relationship with a man which only lasted a short while and now I am single once again. I have decided that a lesbian life suits me better and hope to eventually find a suitable partner.

My question then is twofold – would I be acceptable in naturism as a single lesbian person, and how best can I find an appropriate entry level in which to discoverer the practical side of this lifestyle, without actually committing myself to some expensive or long-term involvement?

**Mary W, via e-mail**



*It was interesting to see from your letter how you first became attracted to naturism, but as you are obviously aware you will have to go some way further to discover if it's actually for you.*

*Modern-day naturism is a healthy and relaxing way of life but in many ways its also exciting and fun too. Many people*

[www.henaturist.net](http://www.henaturist.net)

*from marginal or minority lifestyles are attracted to naturism – sometimes called nudism – because of the privacy that it offers within a protected environment, a combination of freedom and security that creates a very safe and often intimate atmosphere.*

*As a rule we welcome people regardless of age, race, sex, religion or disability, so provided you behave in a normal polite way and don't go out of your way to upset anyone your sexuality will not present the slightest problem. Whether or not you will find a suitable partner within naturism is another matter – but of course it is a possibility. Perhaps it might be easier to first find someone in the ordinary way, then introduce her (him?) into your newly acquired way of life.*

*Generally, speaking naturists do not go out of their way to persuade others to take up or join in their lifestyle in any way, but are usually quite happy to pass on their own experiences and views to those that may be interested.*

*The easiest way to discovery, without too much trouble and at minimum cost, is to try out a naturist swim. These regular events are held all over the country, usually at normal leisure centres or swimming pools that are let out to naturists only at specific times.*

*You can find details in the back of your old H&E magazines, but it might be better to get hold of a more recent one to get more up-to-date information. You can ask most newsagents to obtain one for you, or send away to the magazine to get one by post.*

*If you don't want to travel too far you are lucky living in London that there is one almost on your doorstep. The London Naturist Swim (just Google 'naturist swim london' for full information) is held at the University of London Student Central from noon until 2pm every Sunday. Except for the fact that no costumes are worn it's just like any other pool, it only costs a fiver, there is no need to book and no membership to take on. It's a very friendly place and I'm sure you will soon find someone there to talk to and share their views on naturist life with you. And I do hope you find whatever you are looking for.*

**Mike McGregor**

## Any questions?

Do you have a naturist-related problem or query?



Email [questions@henaturist.net](mailto:questions@henaturist.net) or write to the address on page 3.



## Who are YOU with?

**T**HE FESTIVE SEASON AND THE TURNING

OF THE YEAR IS

**ALWAYS A TIME FOR US TO BE JOLLY.** It is also the time to forgive others as well as ourselves.

Being a naturist has taught me many things, including a lot about hate – that human emotion generated by fear.

My first life experience with rabid hate, as well as unconstitutional government, was when I attended a public hearing in St Augustine, Florida in the early 1990s, to oppose one of the first anti-public nudity ordinances introduced in the un-United States.

Lee Baxandall, founder of the Naturist Society, alerted me to the ordinance and Jim Hadley of the then American Sunbathing Association encouraged me to attend the public hearing to speak up for naturist rights.

Unbeknown to me I was entering the jaws of Hell. When I and two other naturists arrived an hour early, we found the building surrounded by sheriff deputies and firemen. We were told the building was packed and we could not enter. The car park was filled with buses labelled with the names of Baptist and Evangelical churches. We learned they had arrived hours earlier and had been let in the back door.

The purpose was obvious. Pack the hall with the co-operation of the government officials for the purpose of keeping the public from attending the public hearing. That is immoral and unconstitutional.



by Richard Mason

Next to the front door was a life-size female manikin with a small French-style bikini on. There were markings indicating where the cloth should be to be legal under the proposed ordinance.

I later met with the county attorney, who arranged for us to occupy the baby changing room.

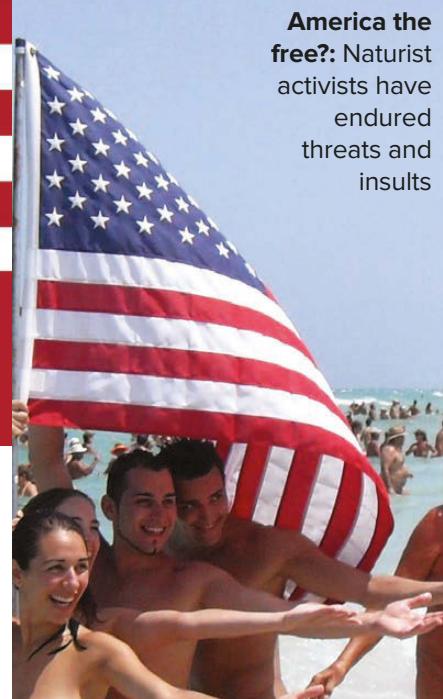
The meeting started at 6pm with a minister speaking about the evils of nudity for 30 minutes. He was followed by other ministers and bible enthusiasts who each spoke for 20 to 40 minutes, all repeating the same story. Finally, at 1am, it was my turn to speak. I was told to state my name and address and I had two minutes. When I said the word Miami, jeers of "go back home" broke out, and other hateful expressions, followed by calls of "devil worshipper".

I returned to the baby changing room, only to be confronted by three very large men with long beards right out of central casting. Their message to me was short and sweet. "You are a devil-worshipper and if still in town at sun-up, you will be hanging from a tree."

I went to a deputy to complain of the threat. When I started to speak to him, he simply walked away.

When I tried to buy a video of the meeting, I learned the man who taped the meetings was told not to report to work that evening. I stayed overnight at a local hotel, and at breakfast a man approached me and asked if I was the person who spoke at the meeting. He then asked me what the hell was I still doing in town. He had heard the men plotting the tree hanging, said they were serious and thought the warning would be enough for me to have left.

Myself and many other naturist



**America the free?:** Naturist activists have endured threats and insults

activists have had to endure threats and insults for speaking out against anti-nudity ordinances and their rabid supporters. We should say, "No More!"

It is important that we get mere nudity out of the criminal code. Too many naturists have been cited for lewd behaviour while merely being nude. Those who plead 'no contest' may now be convicted sex offenders.

I learned then that both of the national naturist associations, the Naturist Society and the American Association for Nude Recreation were looking out to protect nude recreation, so I joined both.

If not us, then who? If not now, then when? If we are not for ourselves as a group, who will be? And, importantly, who are YOU with? **H&E**

### About NUSA SUN...



NUSA SUN, which was launched in 2009, is a monthly US magazine featuring articles, essays and advertisements related to and about the naturist/ clothes-free lifestyle, and in 2011 it began a regular editorial exchange of articles with **H&E**. For more information, visit [www.nusasun.com](http://www.nusasun.com)



# NAKED VEGAN COOKING

**J**ANUARY IS A TIME FOR REFLECTING ON THE PAST AND MAKING PLANS FOR THE FUTURE. As you probably know, January is named after Janus, the Roman god of transitions and the inbetween. I've always been drawn to this time of year, despite the cold dark, because I find the inbetweeness intriguing, reflective and empowering.

I haven't made any new year resolutions. I prefer to avoid the imperative towards pious self-improvement at this time of year which is all over social media. Actually, Facebook, I don't care about your diet, or the fact that you have given up drinking for a month. No, Twitter, I don't want tips on how to become more productive. I want to be less productive, to laugh more and louder, to enjoy good food and wine and to spend more of my time at work stealing the office stationery supplies. I prefer to think of these commitments as revolutions, not resolutions. These revolutions should happen all year round, because stealing stationery from your boss is for life, not just for January.

This year I spent New Year's Day swimming naked in Ardingly Reservoir, near Balcombe in Sussex. It was rather bracing as you would expect, and so after we got out of the water we warmed up with a good few tots of Yorkshire ginger wine.

## Baked aubergine with almond and basil

### Ingredients

*For the aubergine:*  
3 large aubergines  
75ml olive oil  
salt and pepper  
1 tsp ground coriander

*For the almond sauce:*  
1 head of garlic  
60g bread  
100g blanched almonds  
5 olives  
1 tbsp balsamic vinegar  
250ml vegetable stock

*For the basil sauce:*  
handful basil leaves  
handful parsley leaves  
1 green chilli (deseeded)  
60ml olive oil

*For the garnish (optional):*  
chopped basil and parsley  
flaked almonds  
3 tomatoes  
pomegranate seeds

### Method

Preheat the oven to 200°C.

Slice off the top of the head of garlic so the cloves are exposed. Drizzle with olive oil and a pinch of salt and wrap up in aluminium foil. Roast for 40 minutes.

Cut the aubergines in quarters down the length of the aubergine so you have 12 wedges. Mix the wedges in a large bowl

with the 75ml olive oil, and seasonings.

Put the aubergine wedges skin side down on two large parchment-lined baking trays and roast for 35 minutes, until cooked through and the flesh is a dark golden-brown. Remove and set aside to cool.

Make the basil sauce by blitzing the herbs, oil, chilli and a dash of salt with a hand blender until smooth. Set aside.

Toast the almonds over a gentle heat until they start going brown. Squeeze

the roasted garlic flesh out of the papery cases and set aside.

Put the bread, almonds, olives, roast garlic flesh, balsamic vinegar, the remaining two tablespoons of oil, stock, a third of a teaspoon of salt and lots of black pepper in a large bowl. Blitz smooth and set aside.

To serve, place the aubergine wedges on a platter and drizzle with the almond sauce and basil sauce. Halve the tomatoes and grate the insides of the tomatoes over the aubergines (discarding the skins). Sprinkle with finely chopped basil and parsley, and scatter with pomegranate seeds. Enjoy!



Looking back on 2015, I did not spend nearly as much time naked as I had hoped; I had neglected naturism and that had taken its toll on my mental health somewhat. This year, I've committed to going skinny-dipping outside at least once a month, a different place of the country each month, and using this time to get away from the daily grind and do the self-reflective work that is essential for good mental health. If you know of some great places for wild swimming, get in touch!

The recipe this week is delicious baked aubergine with almond and basil. It's great for dinner parties and the like because it can look really impressive if you scatter pomegranate seeds over as a garnish. It's also great for picnics, and it's what I'm intending to take along as a pack-up for my next wild swimming trip. Happy cooking! 

**Find out more...**  
[Nakedvegancooking.com](http://Nakedvegancooking.com) is a blog full of delicious, easy-to-cook vegan recipes and beautiful, naked bodies – and not an airbrush in sight. The blog was started by Greta, Jess and Luke. They like to cook naked, for themselves, their friends and lovers out of their huge, messy shared house in Manchester, and then post the recipes and photos online. You can also submit your own recipes and photos, so do get in touch. Happy cooking!



**Charlie Simonds**  
reveals  
the latest  
recipient of  
his annual  
award...

**Well-deserved:** Tanya and Andy Crawford accept their Parafotos award with Clover Spa owner Tim Higgs (left) and Charlie Simonds (right)

**W**E FIRST PRESENTED THE PARAFOTOS TROPHY 18 YEARS AGO IN 1998 AFTER

**WHICH IT WOULD THEN BE HELD BY THE RECIPIENT(S) THROUGHOUT THE FOLLOWING YEAR.** It simply states on the base: SUPPORTING NATURISM.

Bearing that in mind, we decided that this time around we would award it to the It's Natural team of Andy and Tanya Crawford. Not only are Andy and Tanya committed naturists, but this business has been their 'baby' right from the start. It's Natural started out as a booking agency for privately owned luxury apartments in the naturist section of Vera Playa in southern Spain in 2001. The business was born from Andy and Tanya's idea to promote naturism to the wider population. With a boom in development at Vera Playa, it meant that there was plenty of accommodation available and much of it was available to hire.

Andy said: "At the time there were already other naturist holiday providers in existence, but they concentrated their marketing efforts on selling to the already established naturist clientele. We were convinced that there was a wider audience out there of people who

# The Parafotos Trophy 2015

did not necessarily consider themselves to be naturists, but might like the idea of going on holiday and not having to wear clothes. We wanted to widen the acceptance of naturism and get more people involved, but the word 'naturism' itself had so many different meanings to different people, so we branded our product as Natural Sun Holidays and avoided references to naturist or naturism."

To be clear about exactly what type of holidays were offered, It's Natural had three basic requirements. Firstly, there were to be no compulsory clothing requirements. Secondly the accommodation had to be the type of place available to everyone, including family groups and single travellers. Thirdly, there had to be a self-catering provision.

Andy added: "Since our aim was to introduce newcomers to naturism, we wanted to show naturism in the best possible light. We thought the idea of insisting that people dress at certain times and in certain places created a negative attitude. We'd seen this going on in clubs but it struck us as rather odd to claim that nudity was perfectly natural and then insist everyone gets dressed later. We also avoided destinations where there was a likelihood of encountering themes of a more sexual or adult nature, so that guests would not be faced with anything which could cause them or their family embarrassment. And lastly, a holiday anywhere can be ruined where they do not cater for your own requirements or the food is not to your taste."

This was before the boom of the



internet, so information about naturism and naturist holidays was difficult to come by. It's Natural began running adverts in mainstream publications and so Andy and Tanya spent much of their time explaining to inquirers what naturism was, and, perhaps more importantly, what it was not. After a few years' trading they soon found that their customers wanted a variety of destinations especially for the winter months, so they decided to expand by offering destinations in the Canary Islands. As the internet became a main source of information, It's Natural developed their web presence and then later, their online reservation system.

Tanya said: "Taking everything online meant we could work more efficiently. We were still there to answer phone calls but most of our customer interfacing was done by email and online. For us, going fully online meant that we could actually offer a better service as we had more time to spend dealing with customers and kept us less bogged down with paperwork and processing. Those who simply wanted to make a reservation could do so themselves, online, and at their own convenience 24/7."

It's Natural slowly began to expand the destinations they offered, but they kept their core business in Spain and the Canaries. They were reluctant to



take on new destinations especially if they did not conform to the three basic requirements.

Andy said: "We had seen other holiday accommodation providers expand quickly by taking on a wide variety of destinations and resorts, but we felt that doing this would reduce the level of service we could offer. We wanted to keep our standards high and our customer satisfaction rate high too. We felt that we could only achieve this by keeping the number of destinations at a manageable level. We never wanted

to be 'the biggest' we just wanted our clients to have a great naturist holiday." It's Natural has seen a growth in sales year on year since their inception with many destinations becoming fully booked in advance.

Both Andy and Tanya have worked tirelessly and enthusiastically for naturism over the past 15 years and are worthy recipients of the Parafotos Trophy, which was presented to them in early December by Clover Spa owner Tim Higgs, who was the trophy's recipient last year. 

It's Natural - Naturist Holiday Accommodation Providers - Supporters of H&E and Trusted by Naturists Since 2001

## Natural Holidays

### Naturist Holidays in Spain & The Canaries

Long Stay Discounts at Vera Playa Apartments Spain  
UK Agents for Magnolias Natura Gran Canaria  
Monte Marina & Gran Hotel Natura Fuerteventura

[its-natural.net](http://its-natural.net) | [naturalholidays.net](http://naturalholidays.net) | UK: 01354 661511



We're naturists too!  
Call to discuss  
Book online  
Credit Cards welcomed

# 10 naked ways to romance your Valentine...

**Rayner Otter** suggests a few ways to undress and impress your loved one on February 14...

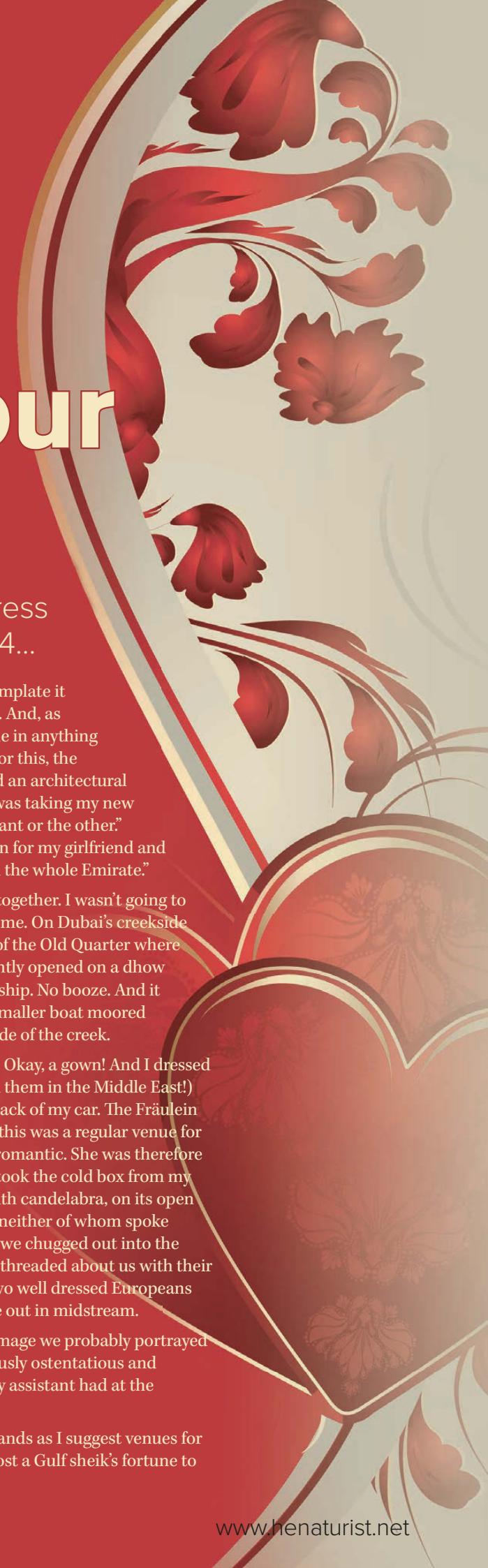
**NORMALLY HATE VALENTINE'S DAY.** Like most men, I don't even contemplate it until the last minute and then cannot think what to buy for the Fräulein. And, as for booking a romantic evening... by the time I get round to it, every table in anything upmarket of McDonald's has gone. The first year that we were together for this, the most romantic date in the calendar, we were living in Dubai, where I had an architectural practice. On the morning of February 14, my design assistant asked where I was taking my new lover that evening. I said, "Oh, I don't know. Maybe to some nice little restaurant or the other." "You'll be lucky" he said, "I've just booked the last available table at the Hilton for my girlfriend and me." (I was obviously paying him too much!) "There's not another available in the whole Emirate."

I was stumped. What a clot I was – and this was our first Valentine's night together. I wasn't going to score many brownie points that night. Nor even score at all! Then an idea hit me. On Dubai's creekside waterfront, right opposite the British Embassy and within a stone's throw of the Old Quarter where by Arabian house was gradually deteriorating; a floating restaurant had recently opened on a dhow permanently parked at a quayside. This, being an Arab institution, was a dry ship. No booze. And it wouldn't have vacancies, anyway. But... I knew that the management had a smaller boat moored alongside which could be used for ferrying guests from hotels on the other side of the creek.

When I got home that evening I suggested the Fräulein put on a nice frock. Okay, a gown! And I dressed in my dinner suit. While we were dressing I got my man (sorry, but we all had them in the Middle East!) to put some chilled Champers and wine into a cold box and load it into the back of my car. The Fräulein had no idea where we were going until I stopped outside The Embassy. Now, this was a regular venue for us to attend functions – but those were always business-themed and hardly romantic. She was therefore amazed when a steward came running over from the Dhow Restaurant and took the cold box from my car to load onto a launch that had a table beautifully set for two, complete with candelabra, on its open deck. We had the craft to ourselves – excepting the skipper and the steward, neither of whom spoke English. We therefore had a certain amount of privacy – on board, that is. As we chugged out into the creek under an Arabian moon, several *abra* (small ferries) full of local people threaded about us with their passengers huddled together on the decks silently bemused by the sight of two well dressed Europeans quaffing Champoo and tucking into a fine Lebanese mezze at a candlelit table out in midstream.

Looking back, I have to admit that I felt slightly uncomfortable about the image we probably portrayed to people of different cultures and socio-economic groups. It was preposterously ostentatious and decadent. But, boy, did it work! The Fräulein loved it! And I spent less than my assistant had at the crowded and over-lit Hilton restaurant – sans an Arabian moon overhead!

I only tell you this story because I want you to know that you are in good hands as I suggest venues for this month's Valentine's Day or weekend. They should be romantic and not cost a Gulf sheik's fortune to realise. Oh yes – and, unlike in Dubai, they should all be enjoyed naked.



## 1 A romantic break at Clover Spa

This naturist hotel in Birmingham only opened a few years ago but has already featured on TV twice and is a favourite of many naturists I know. Between February 12-14, Clover Spa is offering a Valentine's Couples Only Weekend incorporating a "romantic set menu for dinner" and with various spa options available. And those spa treatments are quite extensive with some pretty attractive holistic massages on the menu. Treatments start at £10 and go up into three figures depending on the complexity of the therapy. Some of these can be 'shared' experiences which I always find enhances the effect of the treatment. Ideal for a lovers' away weekend! Accommodation prices start at £80 per night for a double room with a £20 surcharge for Saturday nights.

● See more at [www.cloverspa.co.uk](http://www.cloverspa.co.uk)

## 2 Old-fashioned romance at Spielplatz

Britain's first 'nudist colony' opened its doors in 1929 and still has a certain old-fashioned air about it. Despite being on the edge of St Albans and close to the confluence of some of England's busiest highways, Spielplatz is a haven of peacefulness, interrupted only by the sound of birdsong, with leafy pathways threading between atmospheric bungalows and its cosy clubhouse. Of course, during February in Hertfordshire, you might feel less inclined to wander totally nude, but the warmth of the clubhouse, both in temperature and hospitality, should be sufficient to encourage you to enjoy evenings completely naked. This year, on February 13, there will be a "night for lovers and love" in the clubhouse, with "Hearts and Roses" as the theme. Presumably, you will be able to bare your hearts at this event! There will be music and dancing along with a buffet and bar.

● Further information can be found at [www.spielplatz.co.uk](http://www.spielplatz.co.uk)



## 4 Snow by day, sauna by night, at Saalbach

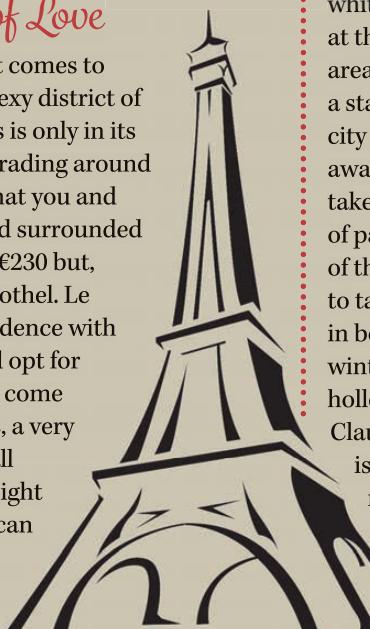
I would never pretend that the ski pistes of the Austrian Alps in February can be romantic. It is half-term almost everywhere and parents take their little darlings to the slopes and spend heaps on them learning to snowboard. The pistes are therefore smothered in teenage assassins, hell-bent on taking out every living soul within sight.

But there is more to do than hit the white stuff in this gorgeous little town at the heart of Austria's biggest ski area in the Salzburger mountains. For a start, there is the romantic baroque city of Salzburg itself, just over an hour away, which, when covered in snow, takes some beating on the Richter Scale of passion. Then, around the valleys of the Saalbach ski area, it is possible to take winter walks, guided or alone, in boots or on snowshoes, through winter wonderlands far away from the hollering and screaming of young Jean-Claude Killys. Then, as the sun sets, it is possible to find quiet huts on the mountainside where a glass or two of Glühwein can be enjoyed. It is true that near the centre of town, at the bottom of the slopes, the bars are heaving with après ski

## 3 Le Week-end en Paris - The City of Love

You have to do it once. Paris is everyone's dream city when it comes to l'amour. And where better to stay than Hotel Amour in the sexy district of Pigalle. It's said to accept nudity but it is more likely that this is only in its romantically themed rooms. It all seems a bit too chic for parading around the public area in the altogether. But the ambience is such that you and your partner will soon be stripped off between silk sheets and surrounded by exotic works of art and mirrors. Prices start from around €230 but, for almost double that, you might choose to stay in an old brothel. Le Maison Souquet is a fantastic rendition of belle époque decadence with a naturist spa and pool as a bonus. In the evenings you could opt for the pyjama party at the O'Mantra club (those jim-jams must come off sooner or later!) or, if you are feeling very daring, visit WE, a very risqué establishment spread over 10 floors (one of which is all glass!) with a nudist roof garden. Now a Parisian February might not be a good time to go up there but I'm pretty sure nudity can be found on the other nine floors – and a lot more besides!

● More information from [www.hotelamourparis.fr](http://www.hotelamourparis.fr) or [www.maison-souquet.com](http://www.maison-souquet.com)



revellers, but by 9pm these have, by law, to go quiet and the revellers retreat to underground and soundproofed clubs. Anyway, by this time, you will be enjoying a sauna in naked bliss at your hotel. They all have them. And they are all used in the nude. The better (i.e. more expensive) hotels have superior and generally more romantic facilities in their spas, but a naked hour or two in any, followed by a romantic, candlelit Austrian dinner for two, is as far from the snowboarders as you could imagine.

● Check out the Saalbach tourist information office at [www.saalbach.com](http://www.saalbach.com). Salzburg is the nearest airport with several low-cost operators' connecting from various British hubs.

## 5 Una Gran fiesta de San Valentín 'Natura'

For a Valentine's break in the sun that doesn't destroy the credit card account, Fuerteventura, the sunniest of the Canary Islands and just over four hours from the UK, takes some beating. This is home to over a score of bare beaches which, happily, can normally be enjoyed naked even in February. One, at the northern end of the island, Corralejo, now has an all-nude, naturist resort which opened in 2013 and has already become a favourite with many H&E readers. The Dutch-owned Gran Hotel Natura, is reported to be nude-friendly, family-friendly, gay-friendly and, er, just

very friendly! Undoubtedly, at this time of the year, it will also be lover-friendly, too. And, as it backs right on to some Sahara-esque dunes, they might be just the place to take your partner for a naked moonlit walk after a romantic candlelit dinner!

● Room rates for Valentine's week start at €574. See [www.granhotelnatura.com](http://www.granhotelnatura.com).

## 6 Cultural and healthy nudity in Amsterdam

The name of "Amsterdam" always seems to carry a more carnal image rather than a romantic one; and, yes, there is plenty going on in the nude department that doesn't represent pure naturism. Half-naked call girls displaying their un-wares through basement windows, lady boys un-dressed to the nines, sex shows, and even officially permissible, open-air, public shagging in the Vondelpark gardens (in February)?! But you can bypass all that this Valentine's Day by taking a city break in Amsterdam and still enjoy a bit of nudity. At the Rembrandt House, the 1607 home of the great artist, where he painted, among other magnificent works, *The Night Watch* (now in the city's Rijksmuseum), *The Naked Truth*, an exhibition of the artist's and some of his contemporaries' nude works, opens on February 10. Entry is €12.50 (2015 prices) per adult and, besides the fascinating exhibition of paintings and sketches, there is a

chance to see how Rembrandt and his fellow citizens lived in 17th-century Amsterdam.

For accommodation, naturists could do far worse than book into the Spa Sport Hotel Zuiver in the Amsterdamse Bos forest, just 15 minutes south of the city centre. This is possibly the Netherlands' premier resort of its kind. Here, there is a fabulous 13,000sq m spa and pool complex which is all nude. Spa treatments start at €39 and double rooms can be booked for about €140 per night. If that doesn't tickle all the boxes you can still take a late-night excursion down to the city's notorious Red Light district. That should heat things up a bit!

● More information on *The Naked Truth* and the Rembrandt House can be found on [www.rembbrandthuis.nl](http://www.rembbrandthuis.nl) and, for spa breaks, [www.zuiveramsterdam.nl](http://www.zuiveramsterdam.nl). Amsterdam's Schiphol Airport connects to virtually everywhere and by a lot of airlines!

## 7 A romantic dinner on the Danube or some wild, near-naked 'Spartying'...

Take it from the Fräulein and me; Budapest is among the most romantic places on this planet. It is also in my top 10 favourite cities. The baroque capital of Hungary straddles the Blue Danube and can be enjoyed at any

## 8 Fifty Shades of Valentine's Day

Last year, the long-awaited film, *Fifty Shades of Grey* premiered worldwide on Valentine's Day. I was in no hurry to go to see it as the Fräulein had read the book and, on one occasion and out of curiosity, I picked it up to have a look at. After three-quarters of a page I put it down. It wasn't bad. It was EXCRUCIATINGLY bad! I was not going to read the last quarter of that page – let alone the other 355 of them! Yet, when the film came out, I thought it would be fun to take the Fräulein to see it on Valentine's night at a local cinema. As a more serious side to the evening, I had (for once!) booked a table at a romantic little restaurant, which is favourite of hers, for after the show.

The movie turned out to be better than I had imagined, although the words "Fifty Shades" and "high cinema" should never appear in the same sentence. There was quite a bit of nudity, a lot of BDSM and even one or two subtly sexy scenes. The auditorium was full of mostly younger couples from whom long



and passionate sighs emanated on occasions. At one point I turned around to see that many had become, er, involved in the subject as more than just spectators. Heaven knows what the midnight matinée would have been like!

I assumed, quite naturally, that the sequel would open this February 14, but it is not to be. *Fifty Shades Darker* will not be released until towards the end of the year. And, as I can find no plans for any cinema to rerun *Fifty Shades of Grey* this Valentine's Day, I am quite unable to recommend that you and your partner go to see it. What you can do, however – and at a much more attractive cost – is rent or buy the DVD (Asda has the "Unseen edition" on its shelves for £7) and, while you're out shopping, pick up a couple of bottles of bubbly (which you cannot usually purchase in multiscreen emporia); then settle down with your loved one, naked. Again, you couldn't easily do that in the Odeon – although, last year, some in the audience were not that far from it!



## 9 Across the pond for a kiss-me-quick weekend at Kissimmee

One of the best known naturist resorts in the “Good Ol’ US of A” is Cypress Cove at Kissimmee in Florida. Set in 300 acres of lush parkland and offering upgraded accommodation in a various styles of suites, this very popular naturist holiday centre is pretty hard to beat for facilities. The slightly bohemian Cypress Cove is, as usual, holding a special Valentine’s weekend between February 12-14, which will probably be more amusing than amorous. Americans are very fun-loving and, in naturist situations, extremely hospitable and friendly toward foreigners. They are also very respectful and at Cypress Cove, very much a family club, there will be no chance of encountering unwanted bad behaviour. Maybe not as romantic as some venues, but a naturist experience not to be missed.

● See [www.cypresscoveresort.com](http://www.cypresscoveresort.com). Several low-cost carriers connect various UK airports to Orlando, just 15 miles from Kissimmee.

time of the year. Admittedly, for us naturists, there is a bit more to do in the hot central European summers than in February; but the thing that makes this wonderful place so appealing to the great unclothed, at this time of year, is that it has more spas and bathhouses than you could shake a stick (or anything else) at. Admittedly, they are not as nude-friendly as they were a while ago, but it is still possible to bare all in some of the establishments not frequented so much by prudish American tourists who, it seems, are responsible for ‘textilising’ some of the most famous and beautiful 16th-century bathhouses in the world. The most naturist-welcoming of them, the Király Baths are mainly used by gay men most days (and nights!) of the week and, it is said, the co-ed days are supposed to be ‘enjoyed’ textile. Whether the very liberal Hungarians follow this or not is unclear, but these baths don’t sound too romantic to me. Some locals ignore recent moves toward swimwear in the magnificent St Lukács or, equally handsome, Rudas Baths and dress as they have for years – as Mother Nature intended. Whatever, you will find nudity in spas within this city and, if you are still young enough to party (and I mean PARRRRDY!), try “sparty-ing”. This is a new trend of weekend raves which take place in various spas where near-naked, alcohol-fuelled partygoers gyrate to

trance or techno music in the pools and baths. The Valentine’s “Cinetroip Sparty” will take place at St Lukács on February 13. The rulebook says that something, no matter how skimpy, should be worn but... well, just, but...

If that sounds too young/wild/sexy/unromantic, book a candlelit dinner for two on a river cruise and listen to the soft rhythms of gypsy music as the skyline of the moonlit Danube’s skyline slips past. Whichever you chose, you’re going to score!

● For more information on “sparty-ing” see [www.spartybooking.com](http://www.spartybooking.com) and for romantic riverborne dining check out [www.budapestrivercruise.com](http://www.budapestrivercruise.com).

## 10 The Full Monty at Le Cap d'Agde

It just had to get into this list, didn’t it? Le Cap d’Agde – the antithesis of Cypress Cove – might not be a naturist’s first stop in chilly February but the world’s biggest nude village and swingers’ Shangri-la has more to offer than the beach. The infrastructure within this place means that there should be plenty of naked entertainment going on over the Valentine’s weekend. If you do want to be naughty outside the bedroom I would only recommend the hotel Le

Jardin du Babylone and its sister, Le Jardin d’Eden. Both of these allow open sex almost everywhere within their establishments. I like that because it means that more mainstream naturists, and especially children, cannot witness such activity. Our favourite hotel in the naturist village is Oz’inn which also has adult activity hidden away in certain areas such as on the roof terrace. This seems to be fully booked for the whole of the period surrounding the 14th; and about 85% of any other naturist accommodation is also spoken for. There may be studios still available in the *quartier naturiste* for about €360 for the weekend, but a full email hunt might be necessary to secure a bed. For evening entertainment, the couples-only Le Glamour’s Valentine party will be hard to beat. This will provide lots of sexy activity on the dance floor level where revellers shimmy in the most erotic of costumes – well, the girls do. The men are supposed to appear in black tie, but most seem to arrive looking like golfers wearing Polo shirts and slacks. For most naturists wanting a bit of slight naughtiness this should suffice; but if hardcore is your thing, descend into the labyrinths below. Even St Valentine would be shocked about what goes on down there!

● More information can be found at [www.leglamour.com](http://www.leglamour.com) 

**TRAVEL** ➔

# THE NUDE WORLD ATLAS

This month, from the world's highest peaks to its smallest dots – plus an enormous queen – **Rayner Otter** looks for nudity in some pretty odd spots...

## TIBET

This only qualifies as a “country” on moral grounds.

It is actually an autonomous region of China but most of the world wants to see this once ancient kingdom liberated. Not, perhaps, more than 10 Tibetan students who stripped naked and chained themselves to barbed wire fencing surrounding the Chinese Embassy in India's capital, Delhi. They were protesting about death penalties and other atrocities committed by the Chinese authorities in Lhasa, Tibet's capital. It is sad to contemplate that this beautiful country, at the roof of the world and home to some of the most

PHOTO: Charlie Simonds



peaceful people on Earth (90% of them are Buddhists), should be occupied and dominated by a 'foreign' power. Fortunately, since 1980, the Chinese government has allowed controlled tourism into Tibet. Most who are fortunate to get into the country, and who are not mountaineers, go to Lhasa to visit temples and monasteries. Doubtless, none seek naturist facilities. But, because this is one of the most sparsely populated places on Earth (only two people per square kilometre), there are lots of opportunities for taking clandestine nude swims in rather icy rivers and lakes. Indeed, while nudism isn't generally practised here, the locals do use some hot springs in the altogether – although, unfortunately, these situations are always sex-separated. Western visitors are welcomed to join in these sessions, but Tibetan men (maybe the womenfolk, too) have a habit of closely inspecting foreign genitals and making comparisons – a daunting prospect, even for seasoned nudists!

Finally (a most appropriate word!), many Tibetans do end up naked. At the top of certain mountains. And in pieces. One funereal rite in the country is to leave the dead, naked and in bite-sized bits, for wild vultures to feed on. Apparently, this became a custom due to a lack of flat or diggable ground in which to bury the dead, and a shortage of fuel for funeral pyres. Also, just like the Zoroastrian Parsees of India who practise a similar custom, it is in line with Buddhist doctrine to allow mortal remains to be recycled into nature. A noble thought – but what a hell of a way to take up naturism!

#### RATING:



## TOGO

This narrow strip of territory in West Africa is one of that continent's smallest states but is home to more than six million inhabitants of 40 different ethnic groups. This, from a naturist's perspective, is a good thing, because it means that customs and beliefs are so disparate that the main religions which tend to affect Africa's inherent nudity, Christianity and Islam, are largely ineffective. Over a half of



**Mother and child:** A woman and baby outside Helota Hospital in Lome, Togo

Togolese have animist beliefs and, since Togo and neighbouring Benin were the home of Voodoo, that culture lives on here. Big time. And where there is Voodoo some nudity might be expected. Indeed, at some Voodoo rituals, priestesses perform naked but it seems that toplessness is more common. In fact, bare breasts are the order of the day in many Togolese cultural ceremonies. Full nakedness can be found in more secular situations, however: local ladies have taken to protesting about the dictatorial government by pulling their pants off in the street. It's not naturism as we know it, Jim. But it does count as nudity. Do not think, however, that you or I could easily undress in Togo. First of all there is only 56 kilometres of coastline and while this does offer some stunning beaches, with that population to support, they are hardly ever empty. Then, the currents are so intense that, all in all, a bit of ad hoc skinny-dipping would be a tad foolish.

That should not be to the detriment of Togo's attractiveness as a place to visit, however. It is possibly the nicest

country in West Africa. From the short coastal plain the land rises up to high hills with tropical forests, wispy waterfalls and picturesque lakes and then evens out in golden savannah. Eco-touring, hiking and wildlife safaris are wonderful experiences here and, in the sparsely populated north, the isolated Tambarma Valley should be a 'must' on every real traveller's bucket list. Here the Unesco World Heritage site of Koutammaku, a maze of fortified Tata, or 'tower houses', testify to a time when

PHOTO: Julius Cruickshank, via Wikimedia Commons

## Key to ratings

Forbidden! Just DON'T!



It may be possible, but is it worth it?



Some naturist possibilities in remote situations



Some naturist clubs or beaches exist



Regular nude destination.



Naturism legal or tolerated.



Fantastic naturist destination!

the ethnic diversity of the people meant that their dwellings were essentially defensive strongholds. Today, the population could not be more different and those 40 tribes seem to live in near harmony (despite some feminine dissatisfaction with the government!). These are some of the most charming and hospitable people in Africa. Having said that, the low-key and elegant capital, Lomé, once called "The Pearl of West Africa", is a bit dangerous and muggings on the beach there are not uncommon. So, not much opportunity for clotheslessness here – hence only a one-star rating (which normally means, "Give the place a miss") – but on this occasion I would suggest that a Togo visit would be most rewarding. Especially if you could find a naked Voodoo priestess!

## TOKELAU

### RATING:



I like dots on maps. They quite often turn out to be far more interesting than their insignificant cartographical images suggest. And here is one of the most interesting dots I have ever found and now want to visit. It's called Tokelau; it's in the South Pacific; it is a Territory of New Zealand with the Queen as its official head of state; its 10 square kilometres, spread over three atolls and one island, accommodate 1,400 lovely people, who are among the least aggressive in the world; it has the world's smallest economy (its annual revenue would hardly buy an average British house!); it is the only country on Earth to use solely renewable energy; it has no harbours or airfields and has no military or police. Just to make it even odder, Tokelau's only international sporting achievements have been in Lawn Bowls and, a bit like Switzerland, it doesn't have a capital – well, not a permanent one. Every year, each of the four islands takes it in turn to play lead role – and one of those, Swains Island, is actually governed by American Samoa. Complicated, isn't it? Then, just to make it even more of an oddball, in 2011 it relocated itself across the International Date Line, losing December 30 altogether and going from 11 hours behind GMT to 13 hours in front!

PHOTO: Graham Crumb, via Wikimedia Commons

## TIMOR-LESTE

In 2002 this ex-Portuguese colony became the first "new" state of the 21st century and might, perhaps, be better known to most of us as East Timor. This is, not unreasonably, the eastern half of the Southeast Asian island of Timor, which, if you look at it on a map, has the shape of a crocodile. Now, an ancient Austronesian legend has it that the Creator organised one of these primordial creatures to morph into their island – hence its shape. What I would like to know is how an ancient people, not dissimilar to Australia's aboriginal people, could know what their land looked like from above without reasonably sophisticated mapping methods or satellite imagery! Needless to say, these early cartographers ran around most of the day entirely naked. Which is more than they do today – thanks, yet again, to those pesky Christian



missionaries who have left 97 per cent of the population as fully-clad, practising Roman Catholics who, presumably, only mate in one position! The Church still has far more sway in the country than it should have and some younger people, especially gays, are beginning to question its role in governance. As it stands, this is not a nudist

destination but there are some great beaches and many of them are vast and empty. It doesn't appear to be illegal to go naked on them, as many local children do and, according to some backpackers' tales, adults too. Also, there is reported to be (on Saturdays only!) a gay beach (possibly textile) at the back of the Cristor Rei statue – one of several huge sculptures depicting Christ that appear throughout the Portuguese world. Perhaps, out of respect, they only do it behind the Saviour's back!

The few tourists who have yet to find their way into this remote land are mostly eco-tourists along with a handful of Scuba divers. Visitors are officially informed that skimpy bikinis, nudity (they actually mean just toplessness!) and kissing in public cause major offence to the local people. As these are some of the loveliest and most hospitable in the world, I would think that the least we could do is respect their wishes – despite them having been indoctrinated by the 'men in black'! So, prudent use of deserted beaches is the recommended code here –

### RATING:



Tokelau's history is a bit strange, too. Needless to say, the islanders lived in peaceful nakedness for centuries before the missionaries arrived in 1845. Then, once they were converted, 'educated' and clothed, along came the Peruvians and sold all the able-bodied blokes as slaves. In their place American, Scottish, French, Portuguese and German beachcombers settled, marrying the women and creating an ethnic concoction of very polite and nice people. As they are almost all staunch Christians who revere Sunday worship, however, there isn't much scope for such frivolity as running around naked. In fact the smallest island, Atafu, is so conservative that alcohol is rationed! Despite this, the traditional garb for the guys is a grass skirt and not much else, and the ladies don't put too much on either. While small boys can splash around with nothing on, and prepubescent girls can wear their grass frocks topless, a grown-up female

bare breast just wouldn't be seen. It is quite strange, really, because some of the traditional outfits are, in fact, very skimpy and quite sexy. Nudism, though, has all but eluded these islands. There are one or two very remote beaches where it could happen but to show such disrespect for these charming but conservative people would be anathema for any civilised person. One opportunity does exist, though. The owner of one of the two 'hotels' in the country has a private 'dot', Sydney Island on the other side of the atoll from his village on Nukunonu. For the price of the fuel for his boat, Mr Perez will deposit you there, lend you a tent, show you where to catch lobsters and find fresh water, and you can stay for as long as you like – one honeymoon couple did so for three weeks. And the dress code here... nothing. Be as naked as you like. There, I said I liked dots on maps!

### RATING:



## TONGA

Readers of this magazine who are old enough to remember the Coronation (there was only one – hence the capital letter) will remember who the star of the show was: the Queen... but not QEII! It was another one, immortalised in Edmundo Ros's song, *The Queen Of Tonga*. Queen Salote became famous on the day because most of the royal guests and other dignitaries were transported to Westminster Abbey in open horse-drawn carriages. And it was pissing down with rain! Queen Salote refused the use of an umbrella because, in Tonga, it is considered bad form to open a gamp if someone of superior standing is denied the use of one. So the gallant lady, who stood at 6ft 3in and whose mass was sufficient to catch an awful lot of rainfall, got soaked and, in doing so, became a national legend. Now, Tonga, it was believed at the time, was the last place on Earth where cannibalism was practised, and some satirical (and, certainly, politically incorrect!) commentary over the coronation period



linked the lady's size to that legend! Two well-known spectators at the event, observing the carriage carrying the XXXL-sized monarch, accompanied by the rather diminutive (and, by now, somewhat soggy) figure of a Malayan Sultan, caused one to comment, "Now here's Queen Salote arriving in her carriage and... who's that with her?" To which, the ever sharp-witted, Noël Coward (for it was he!) allegedly replied, "I'm not sure. But it may be her lunch!"

That was Queen Salote's only 15 minutes of fame before her death in 1965; and, generally, since 1953, we haven't heard much more of Tonga. There have been reports of the royal family becoming embroiled in alleged financial irregularities leading to moves toward a proper democracy; some tsunamis have passed by, and the odd rugby player has been exported to the All Blacks. The late, great (very great!) Jonah Lomu was born here. But for over 60 years we haven't heard much from this mid-Pacific archipelago of 177 islands. So, how is it for us naturists? Pretty shabby, I'm afraid. This staunchly Wesleyan state allows no bare human flesh (I was going to make another crack about its cannibalistic past here

but good taste and political correctness prohibit me from doing so!). Even male visitors off the occasional cruise liner have been arrested for not wearing shirts. Adult ankles should be covered by both men and women. State law imposes modest dress on Tongans and *palangis* (foreigners) alike. One of the latter, an eccentric Dane called Preben Kauffman, a naturist and vegetarian, did live completely naked on a remote island here for many years – but he was a friend of the king. For anyone else it would be a spell at His Majesty's pleasure. There is a resort, Fafa Island, where individual fales (huts) offer open-air bathrooms and showers set in flower gardens, so, presumably, a bit of private nudity can be enjoyed there. Visiting yotties often spend days aboard their vessels completely naked or moor them off remote beaches to skinny-dip. And they have found that, in fact, there is a lot of opportunity for naturism here. With more than 100 uninhabited islands surrounded by beautiful sandy beaches, if you can get to any of them, bask in naked bliss all day. Just don't get caught by any Tongans – they might eat you. Oo-er... oops!

**RATING:**



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## TRINIDAD AND TOBAGO

These two, quite different, twin islands in the southern Caribbean are reasonably well known to most



Britons for various reasons. First, the more populated, Trinidad, has two main religions: Cricket and Carnival. Nothing else seems to matter here. Then, Tobago is known to us because it gave its name to tobacco (or was it the other way round?). There is also a much mistaken belief that this is the island after which Tabasco sauce (which no self-respecting British Bloody Mary would be without) was named. It wasn't – although Tobago can come up with the goodies in the fiery sauce department. The Fräulein's kitchen always has a few in stock. Mostly, though, it found fame in Britain by being the inspirational land of Robinson Crusoe.

For me, Tobago has a special slot in my life story. Here was the first place about which I wrote a naturist story for *H&E* (September 1999). It was a slightly humorous account of me calling the island's tourist information office, inquiring whether there were any naturist sites on the island. The lovely, and almost certainly well-fed, lady at the other end initially made the regular mistake of confusing naturism with the study of squirrels. When I put her right, she went into convulsions, screaming and crying with laughter that anyone should want to strip naked in public. I became very concerned and worried that the gasps of air she was ingesting between paroxysms might be insufficient to maintain her metabolism throughout the ordeal – especially since I had never killed anyone over a transcontinental phone line before. I believe she survived, however, because she managed to splutter, "Nobody ever does dat here, man!"

She was wrong, as it turned out, because the Fräulein and I most certainly did when we finally got to Tobago – and on one occasion in quite spectacular fashion. We had teamed up with some fellow visitors from the UK who were staying at the same hotel as us and every evening the six of us would party well into the night. This normally led to us all naked, or nearly naked, in the



PHOTO: Idobi, via Wikimedia Commons

### RATING:



swimming pool at some time well past midnight. On one of these occasions, when we had sampled enough rum cocktails to be unable to work out what our own names were, a delayed flight deposited a couple of dozen German tourists in the hotel's open-sided and unmanned reception area at about 2am. Since there was no-one to greet them, by dint of intricate footwork, I made my way up from the pool area, completely starkers, and informed them in German that I was the hotel manager and they must adhere to the hotel's dress code of absolute nudity straight away! Possibly my failure to remain upright hinted I wasn't to be believed, because I don't recall any of them complying.

But then, on a more serious aspect of nudity, we were able to hire a local boatman to drop us off for the day on a remote beach which we had to ourselves, equipped with some beers (Yo, Ho, Ho!) and a bottle of rum, along with a few intriguing things that the locals hereabouts smoke. Those, by the way, are the correct ingredients for "Sex on the beach", and not the recipe used for cocktails of the same name marketed by northern English pub chains! We also found, at a fabulous and laid-back Scuba centre at the northern end of the island, where we dived with magnificent manta rays, that on the quiet beaches either side of it, nudity, if practised quietly

and not overtly, was possible. It is actually illegal to expose the whole body anywhere in Trinidad or Tobago – this despite the annual Trinidad Carnival exposing a hell of a lot of gorgeous Caribbean female flesh (although with not so much as a single nipple showing) and some extremely explicit, although simulated, dancing and street performances. So, my suggestion is to do as the Fräulein and I did: hire a boatman, find a deserted beach and technically break the law. Alternatively, follow Robinson Crusoe and dress in goat skins. I know what I prefer! **HE**

### DISCLAIMER

*While every possible attempt is made to research the acceptance of naturism in the countries listed, neither H&E naturist nor Rayner Otter can be responsible for the accuracy of this content. Laws change in some countries very rapidly and information may accordingly become outdated. We would never advise any naturist to break the law anywhere. Readers visiting any country should check the situation with its particular embassy or High Commission before travelling.*

**In next month's issue:**  
**Hell on the beach and the Door to Hell...**

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by Sam Devlin

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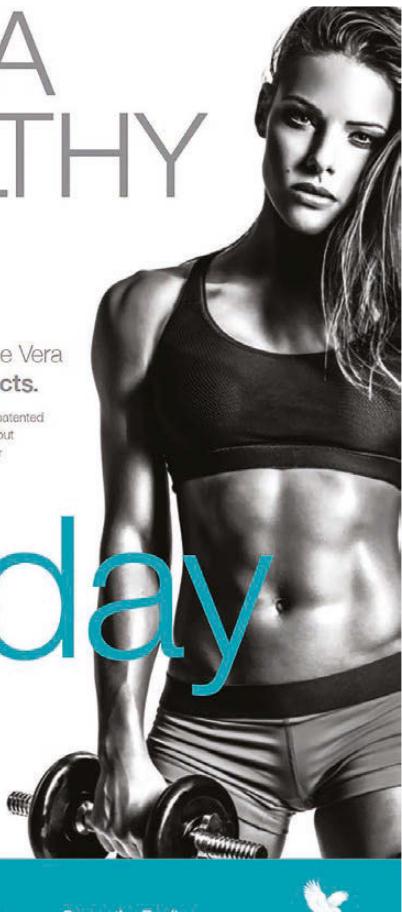
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# The perfect holiday

Eagle Peak guests David and Sarah, of Somerset, explain why they are now regulars at the Costa Tropical retreat...

**O**UR FIRST STAY AT EAGLE PEAK WAS ALSO OUR FIRST STAY IN THIS REGION OF SPAIN KNOWN AS THE COSTA TROPICAL, WHICH IS THE ONLY SUB-TROPICAL CLIMATE REGION OF SPAIN, WITH 320 DAYS A YEAR SUNSHINE – SO WE HAD HIGH HOPES OF SOME SUPER WEATHER. We were not disappointed – the scenery was fantastic, it was 30°C, sunny, with a clear blue sky and low humidity, and it stayed that way for all of our visit.

Our hosts, Peter and Liz, had kindly arranged for a hire car to be waiting at Malaga airport, and equipped with his

concise directions we enjoyed an easy drive to Almunecar and easily found Eagle Peak.

On our arrival, Peter greeted us personally, we quickly shed our clothes and sat for a while with him and other guests in the clubhouse enjoying a cold beer and unwinding from our journey. Once refreshed, Peter showed us around. There are six apartments catering for up to 18 guests arranged over two floors, our room being on the top floor which is oddly, level with the road. Eagle Peak is cleverly built on several levels, which gives all rooms sun terraces and good sea views. On

the sun-roof is a huge sun terrace with numerous sunbeds, together with tables and chairs laid out for the guests. The views from here are just incredible, overlooking a naturist beach, marina, and coastline. At one end of the sun terrace is a small but well equipped gymnasium for those who feel the need to burn off the calories after visiting the local restaurants.

Our apartment was on the next level down. Here also is a foyer with a library of books, magazines and tourist information, plus there are toilets, a laundry area for guests' use, along with a washing machines and an 'honesty freezer' with a tempting selection of ice-creams. Peter has also provided a selection of telescopes and binoculars for watching ships as they cross the bay and the fantastic views of a marina and the naturist beach.



The whole complex is covered by a free wifi system.

Our apartment consisted of a large lounge, a full well-equipped kitchen, two double bedrooms, a bathroom and a lovely sun terrace. Although we planned on it getting little use, the kitchen contained everything necessary, with oven, fridge/freezer, microwave, toaster, kettle, coffee maker, ample glasses, and even a corkscrew and towels for taking to the beach.

On the garden level is a boule court where fun competitions are regularly held and winners' certificates awarded. By the time we left we were getting to be quite good players. Alongside the boule court is a well-equipped barbecue kitchen for guests' use and often used at pool parties. The clubhouse is the social hub of Eagle Peak and enjoys a large dining area where guests often gather for al fresco dining or just evening chats. Another section of the clubhouse contains a comfy seating area with TV and a wide selection of DVDs. There is also a spa bath you can enjoy while watching a DVD or unwinding after a hard day at the beach and even an honesty bar to make it even more enjoyable.

The sheltered swimming pool is situated on the garden level with a large sunbathing area with plenty of sunbeds, chairs and tables. The garden is a delight with numerous fruit trees, where, depending on the season, guests can help themselves to fresh oranges, lemons and figs and other tropical fruits – there is nothing quite like a slice of fresh-from-the-tree lemon in a cold gin and tonic.

The pool area is also used as a body-painting arena – it's great fun to create a masterpiece on your nude partner's body; it's a popular activity and a great laugh.

The road outside leads down to the naturist beach, seafront and town, where dozens of restaurants offer a wide choice of menus, or you can just enjoy a cold drink and the local tapas, small dishes of food provided free with a drink. The naturist beach you can see from your terrace is a short stroll along the front and is tucked away in a sandy cove. There are several bars and restaurants nearby. Conditions permitting, Peter will arrange boat trips in their inflatable for nude snorkelling and nude beach visits. The area is

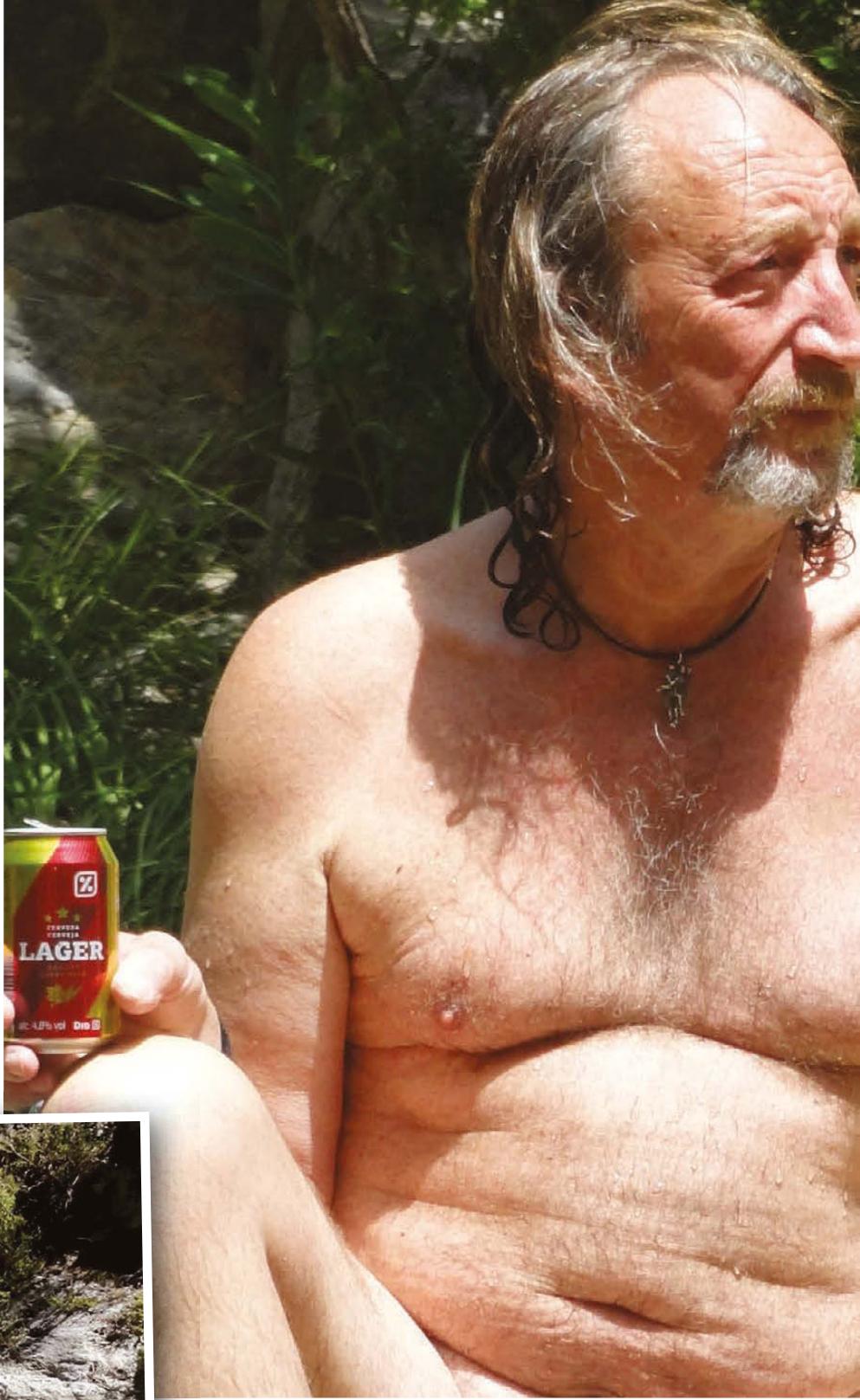
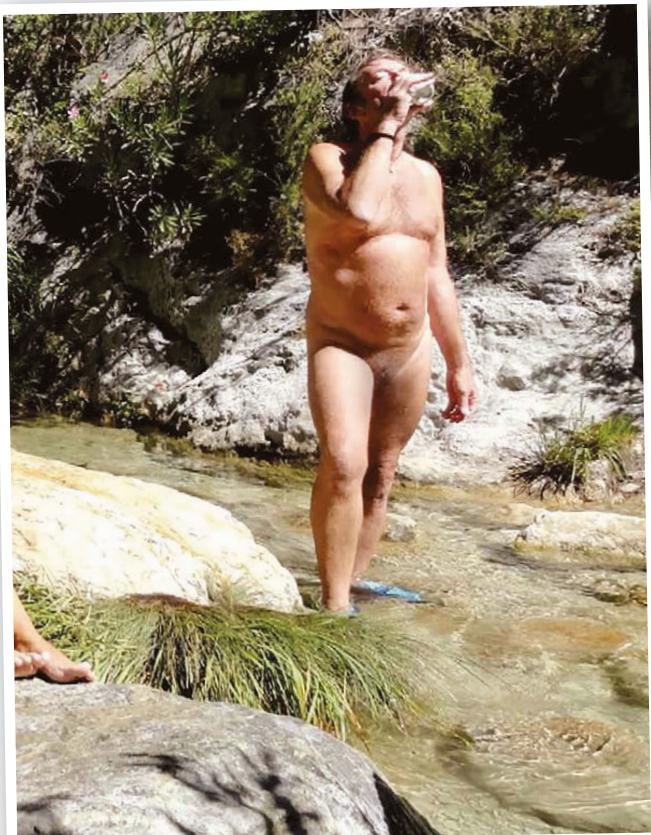


famous for Scuba diving to admire the fantastic fish and rustic coast, and with luck you could be accompanied by dolphins.

The highlight of our stay at Eagle Peak was the nude mountain and river trip where Peter takes groups in his Land Rover up to a spectacular valley carved through the mountains by a crystal-clear river. Armed with a lot of local knowledge, Peter took us to some natural swimming pools with a waterfall tumbling into one end. Here we swam and went nude trekking to gaze at the imposing mountains climbing all around. A few of us who were more adventurous trekked further up the river to where a large waterfall crashes over a natural cave. With a bit of a swim and a clamber, one is able to enter the cave behind the waterfall, which is an experience never to be forgotten.

On our final night there was a nude pool party with dancing to live music. We had a fantastic time, and it was the perfect end to a perfect stay. We are regular guests now.

We found Eagle Peak to be a lovely, friendly place; often people come at the same time each year and so there is a nice family atmosphere, with no silly rules such as having to dress for dinner, and as a child-free complex it's very relaxed. We have never had such a good holiday and laughed so much. **ME**



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A year ago, **John and Shelagh Stockdale** won a holiday. Here they report back on their week of sunshine in Charco del Palo...

**W**E HAVE ENJOYED THE FEBRUARY BOURNEMOUTH PENG REUNION WEEKENDS FOR MANY YEARS. It is always great to meet old naturist friends and make new acquaintances.

Peter Englert and Maurice O'Sullivan ensure that we are well entertained and have in the past organised a themed fancy dress party – for 2015 that was “Spain” – there were many Spanish dancers, matadors and bulls! However, we decided to dress as two sunflowers, so when we won the prize of accommodation at the Lanzarote naturist resort of Charco de Palo we were delighted.

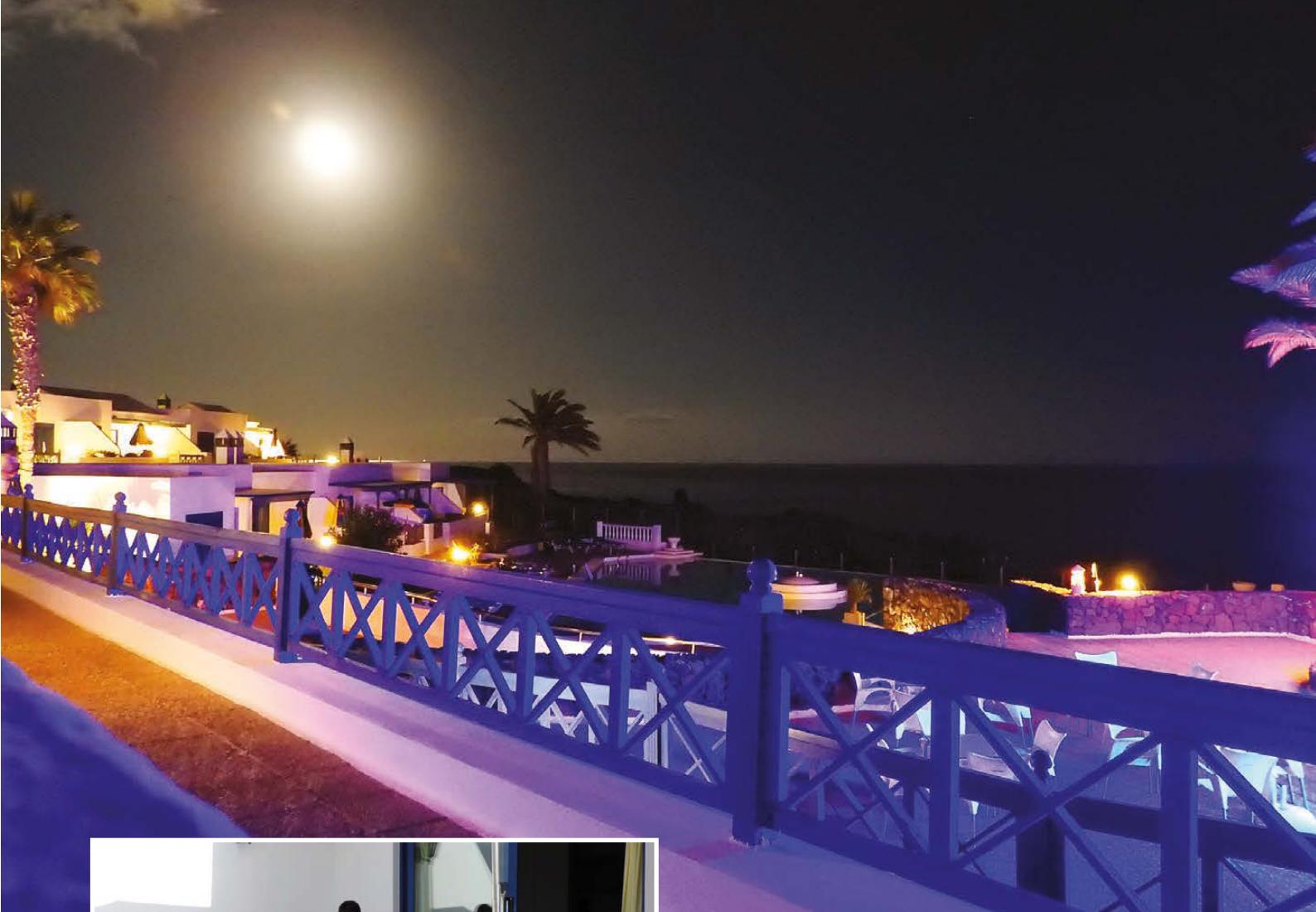
The prize, generously donated by Frank Jacobs, managing director of the naturist holiday company Oböna, meant that we enjoyed a week of sunshine at the end of September in their superb Castillo de Papagayo apartments.

With flight times from Manchester airport of just under four hours, we were greeted at lunchtime by the bubbly Melanie and shown to our spacious, gleaming type 5 apartment overlooking the infinity swimming pool.

To say that these apartments are some of the best naturist facilities we have stayed in is no understatement. Each apartment is complete with lounge area, TV with English channels, a dining area with tables and chairs, well-fitted kitchen, bedroom, bathroom/shower and outside drying area. The patio comes with two sunbeds and large sunshade umbrella.

The patio was sheltered from the wind, so although it was hot while we were there, sunbathing on cooler days could still be enjoyed.





The restaurant served a good variety of lunchtime snacks and tasty evening dinners. Every staff member was very helpful with Ute, the resort director, always on hand. While we were there the Charco del Palo resort supermarket was closed for refurbishment, but the Oböna staff had already made arrangements to supply daily bread and basic provisions.

The swimming pool was a delight for a cooling dip, with a short walk along the paths to several sea pools filled by the tide. It is possible to walk a considerable way in both directions from the resort without the requirement of clothes, but suitable shoes will need to be worn as the paths are a little stony.

The Charco del Palo resort is totally naturist, and you may walk around the area without clothes, which is very enjoyable.

There are three restaurants in the resort. Jardin Tropical, complete with its own indoor swimming pool, is especially enjoyable on the Thursday night naturist dinner – a naked swim between courses not to be missed!

A car is useful for shopping, and sightseeing trips around the island – there are plenty of places to visit, with Cesar Manrique's artistic constructions having a huge influence on the island and adding considerable interest.

For a great naturist holiday, check out the Oböna website at [www.oboena.com](http://www.oboena.com) – you won't be disappointed! 

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# Hello, Vera!

**Chris Moore** visits a ‘unique naturist hotel’ on Spain’s Almeria coast, where, he discovers, white knickers and high heels are entirely optional...

**I**T DEFINITELY FELT WEIRD THE FIRST TIME. Walking through the light, airy atrium of a four-star hotel wearing nothing but sandals and a smile. Then, having lost the sandals, stepping out of my hotel room and walking down the corridor to ask the maid for an extra towel. She smiled, handed me a towel and turned back to her routine. It might have felt strange, but it was perfectly normal here... and it felt wonderful.

My wife and I were staying at the Vera Playa Club Hotel on Spain’s Almeria coast. We had seen many reviews of this “unique naturist hotel” and finding ourselves close by, decided this was too good an opportunity to miss. “Close by” is a relative term. We had spent a week visiting Morocco and, given we live in the US, Almeria was only a short hop away. We had not anticipated any naturist possibilities in Morocco (as Tina Yates had noted in her January 2014 H&E article). However, we were pleasantly surprised. The riad in which we were staying had its own traditional hammam and massage facilities. In a Muslim country where some women still dress in the traditional burqa, I

imagined being scrubbed down by a large, unshaved, hairy Arab gentleman in baggy underpants. Not so. My wife and I were greeted by two attractive young Arabic ladies in white tops and leggings who ushered us into separate treatment and massage rooms. While my wife was being pampered, I was

**Naturists, topless and textiles were all intermixed – and no-one seemed to care. I loved it – the total nonchalant acceptance of people’s state of dress or undress was one of the best naturist experiences I have ever enjoyed.**

told to lose the gown and my newly found friend got to work. She washed me down and started scrubbing. There was nothing delicate or reserved about this process and when she said she was going to give me a full body scrub, she wasn’t kidding – not an inch of skin

was spared. The single hair that I had lovingly cultivated on my chest all these years was shown no mercy and off it came. Although parts of my chest felt a little sore for the next two days, my skin has, so I am told, never felt so smooth. The massage felt good and having been able to enjoy these treatments without any pretence of needing to cover up was wonderful. So was the price – a total of €50 for the hammam and massage and two hours of naked indulgence.

We sailed from Tangiers to Algeciras and hired a car for the easy four-hour drive to Vera, finding the hotel easily enough. We arrived in the evening although it was still light. I had expected to see naked people everywhere as the hotel is naturist and located in the “Zona Nudista” – but everyone was dressed both inside the hotel and outside. There are a number of good restaurants immediately outside the hotel (along with shops selling the usual touristy stuff, a small grocery store, a gay bar and a swingers club) so dinner the first night was a dressed affair. In fact, we did not witness any nudity in these establishments (we didn’t check out the swingers club) during our stay.

The hotel was all whites and yellows, airy and bright and generally clean. It is, however, showing its age and needs a coat of paint here and there. Our room had a two-ring stove, decent-sized refrigerator and a circular 5ft bath – how nice – though the sealant around the tub needed to be replaced. The first night we had a leak in the bathroom ceiling from the air-conditioning but maintenance quickly took care of it. It was no big deal.

We had booked on a bed and breakfast basis, leaving us free to fend for ourselves for lunch and dinner. Breakfast is a self-service buffet with a very good selection of continental breads, cheeses, and meats and eggs are cooked to your order on the outside grill. Breakfast is served in the restaurant or outdoors on the edge of the beach. Sitting outside with your morning coffee gazing over the Mediterranean was just a delight. Either way, you need to be “dressed” for breakfast. Dress was usually fairly minimal – T-shirt and shorts for most.

Entertainment for the breakfast staff was inevitably provided by the (you’re too old to wear that) lady in a string vest and knee-length boots – I kid you not. It was 28°C. If the purpose of dressing in the restaurant is for hygiene, then having her nipples poking through the “dress” clearly failed to achieve this. As the rest of us sat bemused, the staff fought back the giggles. Now, the young lady who came to breakfast in a sheer long tee with white knickers and high heels... giggles turned to jaw-dropping gazes. The bruise on my shin from my wife’s swift kick under the table has almost gone. Elsewhere, wifi was available in the atrium and different plans were available – you could get 60 minutes free every 24 hours; other than that, you had to pay. A good excuse to leave work and other worldly worries behind.

The pool officially ‘opens’ at 10am – the Germans are moving the sunbeds and placing their towels on them before 8am. But there is no real need – there are hundreds of beds and the pool area is so vast, with many large palm trees, that there is never any danger of not getting a bed nor of being able to find sun or shade. I guess it’s just in their genes. The sunbeds are new and comfortable and for a €20 deposit you can get the ubiquitous orange hotel beach towel – and since it is before 8pm ➤



you can wander through the hotel in the nude. You can easily lie in the sun with the latest summer novel until dusk, getting up only to saunter into the pool for a cool down. If you prefer something a little more lively, the entertainment staff (who have boundless energy and enthusiasm) will have something to suit just about everyone from morning to midnight, from yoga to Zumba, water aerobics to darts, ping pong to archery – you name it, they do it. If you have kids, they keep them entertained all day and evening; if you sit in the hotel atrium in the evening you will inevitably see the conga of young kids singing and marching through – every night, same song. Give me another beer.

The clientele at the hotel during our stay was what you'd expect at such a resort – families (mostly Spanish and German), teens, couples and singles. It was good to be back in Europe where family naturism is very much alive and well. You can access the long sandy beach directly from the hotel via a locked (at least during the day) gate. Your room key opens the gate, so take it just in case. This part of the beach is naturist and we were able to walk for quite a few kilometers in both directions without covering up, even though I suppose, strictly speaking, we were outside the "Playa Nudista" designation. Having said that, the Spanish seem to get it when it comes to beach attire (or lack of) and no-one ran from the beach covering their eyes.

Talking of running, there is nothing better than an early morning jog. Strolling naked out of the hotel, a cheerful "Hola" to the smiling cleaning lady and I was off running around the streets of the "Zona Naturista" and on to the beach. I'm not quite sure where the naturist zone ended so, not wishing to offend anyone, I stuck close to the "naturist urbanisations"



– apartment complexes in mostly gated communities. The only looks I received were ones of "You're nuts". Yes, I probably am.

Having a car is not necessary but useful if you want to explore. Thanks to Theresa O'Shea's reference to nearby Cabo De Gata Natural park in an earlier issue of *H&E* and to another great resource, *The World's Best Nude Beaches and Resorts* (which is on sale in the H&E Shop), we were able to find and enjoy two great beaches. Playazo beach, near Rodalquilar in the Natural Park, is just under an hour's drive from Vera Playa and ends up with a bumpy unpaved three-mile road directly to the beach. No need to trek for miles here. We were some of the first to arrive and so decided to strip off close to the beach entrance and lay down our naturist marker. The few others on the beach were topless at best so we felt somewhat pioneering to be the first naturists.

As the morning wore on, many families and couples kept arriving... and what is it about the Spanish that they want to park themselves close to the next person? It's a big beach, people! They stripped – but not completely, and soon we were a naturist island in a sea of textiles and top-free folks. Eventually more and more lost their swimsuits and we ended up on a beach where naturists, topless and textiles were all intermixed – and no-one seemed to care. I loved it – the total nonchalant acceptance of people's state of dress or undress was, in my view, one of the best naturist experiences I have ever enjoyed.

Another beach within easy driving distance from Vera is Cala del Bordenares. Driving south through Garrucha and Mojácar the route takes you past some old lookout towers dotted along the coastline. We stopped at one – the restored Torre del Pirulico – and climbed the stairs to get a spectacular view of the coast. The 40-minute drive brings you to two beaches (Cala del Bordenares and Cala del Somborrico) separated by a small headland. The larger, northernmost Bordenares, has a nice sandy beach with clear water but no shade; the other has a small beach bar for shade, food and drink. The last 3km road is windy, steep and dusty – but easily manageable with small rental cars! There was plenty of parking space near the beach. Some people stay overnight here and most are naturists though as the day wore on, we were joined by a number of textiles who evened up the numbers. We bumped into an English textile family with whom we had a very pleasant conversation but, alas, could not convince them that skinny-dipping is something they really ought to try at least once in life. It's important to take water and stout shoes – the scramble over the headland is well worth it.

Would we go back to Vera Playa? There is an estate agent nestled among the restaurants and shops by the hotel. We popped in, we talked to them, we viewed some apartments for sale. We might be back. This time, my wife will be sure to pack white knickers and high heels. 

# Gourmet cuisine... naked al fresco

**2**016 sees Skinny Dippers Mallorca entering its 10th year, offering unique quality accommodation to the discerning naturist. Your hosts, Grant and Jordi, pride themselves with their service and facilities on offer. After we recently relocated to larger premises, our chef, Jordi, is now on-site full time, providing only the finest Mediterranean cuisine. We have a comprehensive breakfast buffet every day with fresh local fruits, cold meats and cheeses, cereals, fruit juices, yoghurts, choice of teas and coffee, pastries and of course our ever-popular "eggs cooked your way".

For a relaxing holiday there is no real need to leave Skinny Dippers, because on our lunch menu we now offer a variety of choices, including fresh hot and cold sandwiches, all served on various home-baked breads, delicious salads with various toppings such as local grilled goats' cheese, king prawns, or a typical Spanish dish of melon with serrano ham.

Jordi's comprehensive evening meals are ever-popular, bursting with colour, flavour and interest. Within Skinny

Dippers there are various areas in which meals are served, making every evening different and special. Peaceful music, tasty food, good wine and jovial conversation with your fellow guests makes a perfect evening of humour and contentment. We source our produce from local farms and suppliers offering only the best flavour, aroma and interest. Every dish is home-cooked from fresh raw ingredients.

The highlight must be our Saturday evening Gala Dinner Party – a five-star candlelit gourmet service with an atmosphere not to be missed. Mineral water and house wine flows freely, and we also have a comprehensive selection of fine wines to choose from. Our Mallorcan wines are very much appreciated by those who enjoy a good glass of wine. Candlelit dinner, good food and fine wine beneath the stars in the Mediterranean, with a romantic dance by moonlight... where else can you find such indulgence? With connections to Mallorca from most local airports, it's all just a short-hop flight away. Bon appetit... come and enjoy!

*Skiny Dippers*  
AT ALQUERIA S'ERMITA

*a unique rural retreat  
for discerning naturists*

[www.skinnydippersmallorca.com](http://www.skinnydippersmallorca.com)



# Hot tub break

**Theresa O'Shea** takes a punt on a short holiday in a non-touristy part of Spain and is pleasantly surprised by its quaint charm...

**A**S I'VE MENTIONED BEFORE IN H&E, THE WEBSITE WEEKENDESK.ES IS A GREAT PLACE FOR

#### FINDING MINI-BREAK PACKAGES CLOSE TO HOME.

By tailoring your search to 'relax' or 'spa', it's possible to find a number of places to stay that include a private spa or hot tub session as part of the deal. Early December, we took pot luck with a place called Cortijo Los Naranjos de San Juan, near the totally untouristy and curiously named village of Las Cabezas de San Juan (Saint John's Heads) in the north-western part of Cadiz. Who cared if it was in the middle of nowhere? We had wheels, the weather was great, the hotel had top reviews – and best of all – there was the promise of Champagne, chocolates and a naked hot tub.

It was a long, 'bank holiday' weekend, and most of the hotel's 16 rooms were occupied. Yet it still had something of that out-of-season air to it. Obviously a fabulous place in the summer, with a large swimming pool and outside

terrace area, now it seemed empty and rather soulless. It didn't help that, other than for breakfast, the restaurant and bar were closed. Having said that, our room was really comfortable and tastefully decorated, and the owner could not have been more helpful or attentive. And, despite the middle-of-nowhere location, we spent a very pleasant couple of days based there, exploring the nearest towns by day and resting up in the hot tub afterwards.

#### The facilities

The 'spa' room, which has two Jacuzzis, is light and sunny and looks out on to the swimming pool and sun terrace area. We were provided with bath robes and slippers, and on our first session, a bottle of chilled Cava and a box of chocolates. No other guests had booked after us, so we could stay as long as we wanted. Our only complaint was that the water could have been a tad hotter. It didn't matter too much on the first day, when we hot tubbed late afternoon, as the glass-walled room was deliciously warm and sunny. At night,



though, the water just wasn't quite comfortable enough. The manager was very apologetic but said no-one had ever complained before. I'm not sure what the ideal temperature for a hot tub is, but I now know that 34°C for us is not enough! Hopefully, the manager will have taken note.

## Places to visit

Less than half-an-hour's drive away from the hotel, there are two must-visit towns: Arcos de la Frontera, a pretty white town that sits spectacularly atop a rocky peak, and Sanlúcar de Barrameda, which is located on the left bank of the mouth of the Guadalquivir River.

Both places have their charms. Arcos de la Frontera looks out across vast plains and has something of a Moorish feel to it. Wherever you wander, through its warren of narrow streets, you come across some splendid churches and convents from the Renaissance, Gothic and Baroque periods. As for dining,

it's difficult to go wrong, and there are loads of reasonably priced eating places to choose from. We struck lucky at the



bullfighting and flamenco-themed Tabernas Jovenes Flamencas, where the atmosphere was so cosy and the food so *delicioso* that we vowed to return to the town just so we could try as many dishes from the menu as possible! Highly recommended by us (thus far): the hearty chickpea and langoustine potage, the aubergine with goat's cheese, and a local dish called *abajao*, made from bread, eggs and asparagus.

Sanlúcar de Barrameda, once known as the 'gateway to the Americas', has a lovely long sandy beach and promenade. The narrow strip of sea that separates the town from the Doñana Natural Park is dotted with sailing boats, and at low tide you can watch locals harvesting

mussels close to the shore. The town itself is full of bodegas, café-filled squares and quirky, independent shops, with not a chain store in sight. As for dining, even the most hole-in-the-wall bar will be serving up the very best Sanlúcar shellfish. Most definitely to be washed down a glass of Manzanilla (sort of dry sherry), for which the town is also famed.

I have to say that, following this latest hotel hot tub break, I'm well pleased to be able to add to my list of great Spanish culinary-travel experience: sitting on a sunny terrace in Sanlúcar in December, sipping a chilled glass of Manzanilla while tucking into a plate of locally caught king prawns! **HE**





What's it got to  
do with naturism?  
**Charlie Simonds**  
meets Lola in a  
bid to find out...



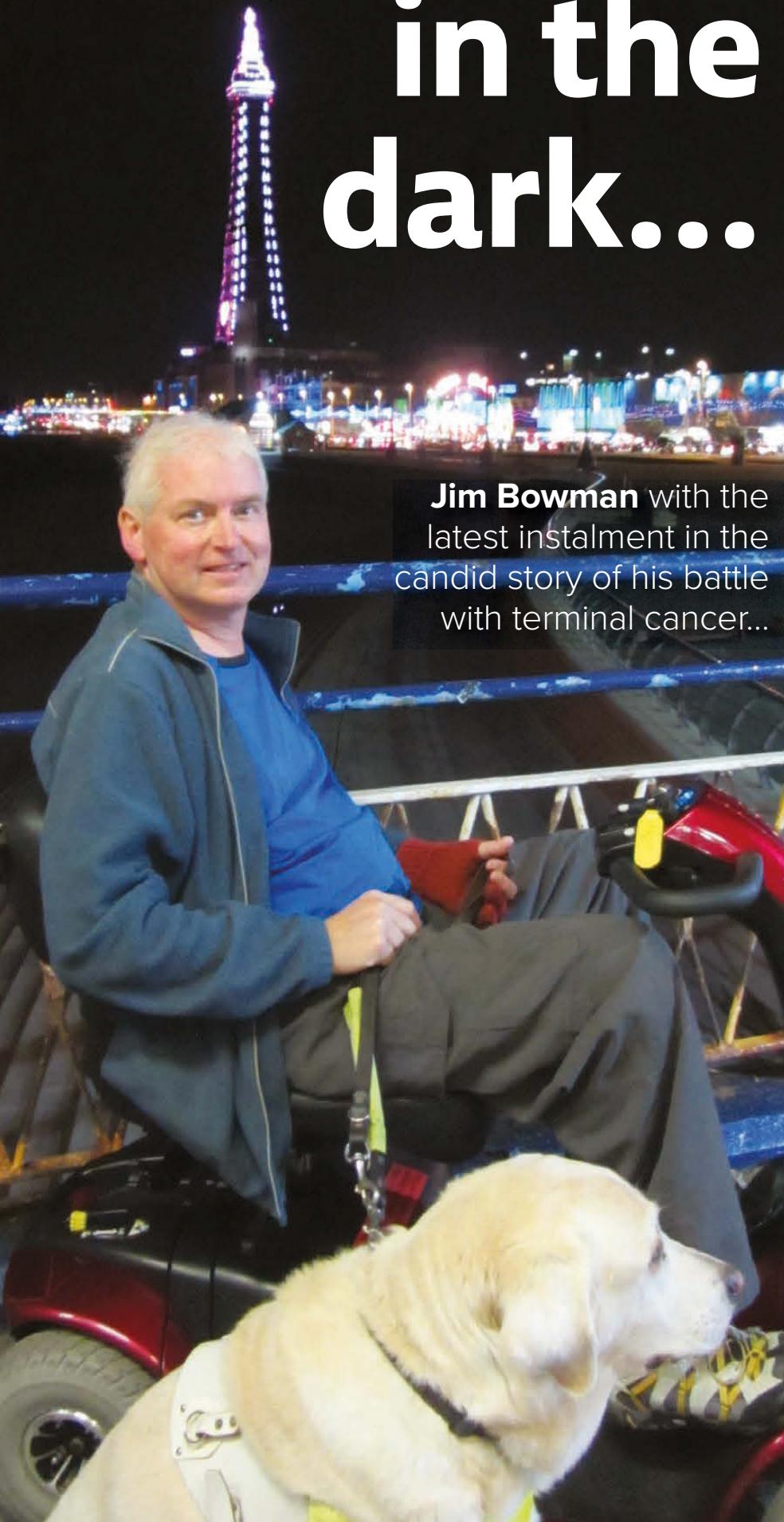
**B**URLESQUE IS A DRAMATIC OR MUSICAL PARODY, USUALLY DANCE, WHICH IS INTENDED TO PROVOKE LAUGHTER AND RIDICULE BY SATIRISING THE MANNER OR SPIRIT OF MORE SERIOUS WORKS. The word is a derivation of the Italian *burlesco*, which, in turn, comes from the Italian *burla* – a joke, ridicule or mockery. So I was suitably intrigued when an *H&E* reader, who is a fan of burlesque, contacted me to suggest that I approach Lola La Tease, a UK burlesque star, to see if she'd be interested in a naturist photoshoot.

I agreed to take the idea one stage further and I started my research without further ado. Almost immediately I hit on a YouTube clip: <https://www.youtube.com/watch?v=zFhjBYKZ2o4> – it was certainly worth watching as it screens one of Lola's performances, and is definitely more about 'tease' than the nudity of traditional 'striptease'. As she wrote when I contacted her: "I am the epitome of 'tease', 'amuse' and 'seduce' which, through sensuous dance, are





# Still in the dark...



**Jim Bowman** with the latest instalment in the candid story of his battle with terminal cancer...

**T**HE STORY SO FAR... IS TOO COMPLEX – GO READ THE LAST FOUR ISSUES! To cut to the chase, I'm a dying man. OK, we're all dying, but I'm doing it faster than many, thanks to a very unfair attack of virulent, unbeatable cancer at the age of 54.

I'm trying to battle it out and keep chipper, but it's getting much harder. On top of the fiasco of our motorhome purchase (not fit for purchase, actually), the back pain caused by the slipped disk right underneath one of my many tumours, and the loss of muscle power caused by the cancer and the drugs... I suddenly have a bout of sickness. One hell of a bout, in fact. Up until this point I had had no nausea whatsoever, despite that being one of the most likely side-effects of the chemo. But not this morning! I have virtually no warning – just a hiccup and a slight dry retch.

"Vomit!" I shout, awakening my wife.

"What?"

"Vomit – vomit!!!"

She manages to sprint from the bed to the kitchen and back with a fruit bowl just in time for the first batch, which alarmingly fills the thing almost to the brim! Later we measure the bowl – two-and-a-half pints! It is a vile, dark green liquid and smells disgusting.

An hour later it happens again. Same quantity, colour and odour. Then again an hour after that. How is it possible? I haven't drunk anything approaching that quantity in the past week! A doctor arrives and does some umm-ing and ahh-ing but is of little help. A nurse arrives from Macmillan and injects me with an anti-sickness drug. As soon as she leaves it happens again. Sharon calls the hospital and I am admitted to the cancer ward again, but not before another six (yes, six) explosions.

Back once more in the single room I'd recently spent a fortnight in, it was explained that the body is constantly making saliva, so it is perfectly possible to vomit a lot more liquid than you've taken in. It seems my gut is blocked once again and the immediate solution is to thrust a tube up my nose and down into my stomach to keep it drained – a ghastly procedure I've had before. It works, though, and the relief is enormous.

I'm kept in for almost a fortnight, not to be released until I pass some poo!



But there is worse to come. During my stay I am visited by umpteen doctors and specialists who, eventually, when pressed, admit that the chemo I was on (now suspended) is not really having an impact on the cancer. Great! My prognosis is reduced. What was maybe a year or two is now months. They think. But they can't be sure.

Basically we are all wandering about in the dark. It's an inexact science – they don't even know what's blocking my gut, never mind how many spots of cancer are where, and what they are doing.

Every day I spend stuck in their bed is worth a year of my future. I am seething inside to get out and get on with what little life I have. On the outside I have to keep smiling and reassuring Shaz that we can stretch the time, spend it together, have fun...

Finally – I manage a bowel movement or two and am released – to find that my car door has been slightly ajar for the last week and the battery is totally dead!

Which brings me back to the motorhome fiasco...

We decided to cut our losses, get our mechanic to do the repairs needed, and get on the road to see my folks in Scotland as soon as possible. Think again, Jim. As soon as it was fixed I gave it a test drive but didn't even leave the yard. My muscle wasteage has become so severe that I cannot shift the gears,



even on a lovely new gearbox. I need an automatic!

Turns out they are as rare as an accurate cancer diagnosis, but Shaz locates one and we give it a try. Glorious. More than twice the price, of course, but we go for it – and as I write it is sitting ready for part-exchange with the manual beast. Can't wait.

Meanwhile, despite the backache, weakness of limb, and general depression at the recent prognosis, we are determined to host at least one Bowman Barbecue this summer even if it kills me!

### '60th' birthday bash

I decide to throw a big 60th birthday bash – on the basis that I'm not going to be around for my real 60th so I'd better do it now. This raises a fresh problem. Half our circle of friends are naturists, the other half are wrong. How do we accommodate both? The solution is – a very long party, with naturists invited from 2pm, but asked to get clothed at 6pm. Textiles are invited at 6.30pm, and all expected to stay until dark – for the fireworks!

This worked brilliantly – especially since we set up our spare hospital bed (we were going to install this in the van, but the new one has a raised bed anyway) under canvas in the garden so I could recline whenever I felt tired. The

naturists were asked to bring snacks for the afternoon, the textiles to bring puddings, accompaniments, and in some cases early supplies of balloons, helium, fireworks, etc.

Being a lighting designer by trade, and a radio producer, with help from friends I was able to floodlight the garden and provide a DJ setup, and persuaded several BBC colleagues to partake in a DJ competition – who could get the most people dancing? I bought and set up £250 of fireworks in our neighbour's garden, and £300 of food in the form of takeaway from our finest Chinese, Indian, American and English restaurants, giving guests a sumptuous array of choices without involving caterers (or me slaving over a barbecue all day).

It was a rip-roaring success, though I say it myself, and tremendous fun, despite essentially being a "farewell" party. It did, however, totally knacker me, and as I write this I am still recovering. At least I am doing so naked on my outdoor bed in our lovely, lovely garden which holds so many happy memories.

I must leave this story soon. I don't really want to drag you along with me as I decline, and I doubt I'll have time to write much once I get my hands on the new van and start travelling the country with the dog, the parrot, and



my fabulous wife alongside me.

My plan? Well, the chemo has to be given every fortnight so we need to box clever. I hope to travel to Scotland in stages, stopping at the delightful Yorkshire Sun Society just outside Hull on the way up, and somewhere else on the way down – TBC. My mum hasn't seen me since Christmas and I know she's desperate for a hug. Beyond that, who knows? There are naturist clubs all around the country on my wish list, but I haven't had the time or energy to plot any further. And I have now commenced a new chemo course which may knock me for six before I even start! We've cancelled plans to build that conservatory as the doctors have said I probably won't be around long enough to enjoy it...

But am I depressed? Too right I am! Mightily pissed off, in fact.

It's ironic that I had only just finished writing my fabulous novel entitled *Young Forever* – whose main theme is the wasting of life we all do by fannying around, not using our time to the fullest, or our talents. Watch out for it in the shops (but don't hold your breath – I've no idea how to get the damn thing published!).

Anyway – as I write these last few paragraphs I am in a deliciously comfy chair at the day unit having a blood transfusion as my haemoglobin is apparently low. We now have the new van (sold the other one) and have had one "rehearsal" night away in it, which was a bit of a disaster but allowed us to compile a lengthy list of modifications and methods we need to apply when we use it in earnest. And earnest is on its way as we're about to book stopovers at seven naturist clubs, most of them new to us, taking us up to Scotland and back via both coasts – we go immediately after my next chemo infusion and will be away for four weeks, which means arranging one infusion to be given in Edinburgh. If the Editor allows me the space I may report on our trip when we return, but I'm pretty sure we'll be warmly welcomed everywhere – especially as we'll be travelling with a lovely fuzzy guide dog and an orange-winged Amazon parrot, not to mention my lovely shiny red mobility scooter.

Oh – one more disaster to report. Heavy rain overnight caused the total collapse of the gazebo over my garden bed and the only way we could rescue



it was to cover it with a tarpaulin, then pierce holes in the gazebo roof to empty it. It then took some superhuman effort, mostly on Sharon's part, to dismantle the bed and then remantle it (if that's not a word, then it should be!) in the summerhouse, where it fits by literally half an inch.

I worry constantly about Shaz hurting her back or dropping something heavy on her foot, and I get depressed, often tearful, at being so useless – I can't lift or carry anything due to my muscles being wasted away (steroids) – and no way of knowing whether I will ever regain any of my former strength.

So I return to my main theme – Health and Efficiency. You only have one "health". And cancer appears to be the most efficient organism when it comes to destroying it. I quote from

an email one of my sisters sent me on first hearing my news: "I always think of cancer as the school bully of diseases. Unintelligent and very low on the evolutionary scale. A knuckle-dragging, slack-mouthed moron – but pretty bloody frightening when he picks on you in the school toilets. Bring on the light sabres and lethal chemical weapons. It's you or him – and this time, it's personal."

Well, the weaponry is failing and the vile "C" is going to win. Please – don't let it happen to you.

If you detect or suspect any change in your body, be it lump, pain, change of bowel-habit, whatever – get it checked – and push for thorough analysis. Be a bloody nuisance – it could save a life.  
Yours. 

# NUDiSM LiFestyle

1) **NAKED DOWN UNDER** - New Zealand nudist clubs. Hiking, trampolining, nude boat ride and a host of family sports. 75 minutes. £30 / \$49

2) **MS./MR. ANTOSOVICE FAMILY NATURIST PAGEANT** -

The event was open to male and female, all age groups. Over 300 attendees at this historic event. 75 minutes. £35 / \$59

3) **EURO-FEST PAGEANT** - Over 100 showcase talent and personality au naturel. 120 minutes. £40 / \$69

4) **HAPPY NUDE YEAR** - An auditorium packed with revelers as they see in the new year in their birthday suits. 60 minutes. £35 / \$59

5) **FKK WORKOUT** - Mothers and daughters enjoy an

afternoon at the gym on no-clothes-allowed day. 70 minutes. £35 / \$59

6) **CZECH HOLIDAY** - A visit to 8 popular skinnydipping and nude sunbathing spots on warm sunny days packed with families. 60 minutes. £35 / \$59

7) **CANADA NATURALLY PART 1** - A visit to the finest nudist resorts in Canada while summer vacation crowds are visiting. 60 minutes. £30 / \$49

8) **NAKED AFRICA** - South Africa's nudist paradise. A new year's eve party is celebrated, body painting, hiking and more. 60 minutes. £30 / \$49

9) **CZECH MATES** - Dozens of guys spend the day at the gym naturist-style. Dads and sons work the weights and machines. 60 minutes. £35 / \$59

10) **NAKED USA: TEXAS** - Chock full of activities. Ms. Nude Texas, hiking, swimming, volleyball, nude skydiving. 60 minutes. £20 / \$29

11) **HAPPY BIRTHDAY PETRA** - The house fills up with Petra's school mates and naturist club friends as they help her celebrate her birthday. 60 minutes. £35 / \$59

12) **CHRISTMAS FAMILY PORTRAITS** - Three families celebrate the yuletide as nudists in their homes. 55 minutes. £35 / \$59

13) **BARE AND BEAUTIFUL IN BULGARIA** - A naturist festival on Varna Beach drawing nudists from around Europe. 60 minutes. £35 / \$59

14) **FKK FAMILY ALBUM** - A large naturist gathering to celebrate a baby's christening. Games and dancing. 55 minutes. £35 / \$59

15) **NAKED USA: FLORIDA PART 1** - Peak season activity at several of the largest and most popular U.S. nudist resorts. 60 minutes. £35 / \$59

16) **FREEDOM DENMARK** - There are no laws forbidding nudity in Denmark. Playful water fight, sauna, pool games and interviews. 60 minutes. £25 / \$39



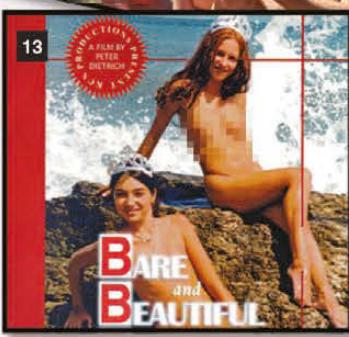
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# Lumière in Levant

**Thierry Follet** meets filmmaker Isabelle Ros, in the conclusion of his two-part feature on the legendary French naturist island of Levant...

**D**U SOLEIL SUR MA PEAU (SOME SUN ON MY SKIN) IS A FINE PIECE OF INVESTIGATIVE JOURNALISM, NOT

**TO MENTION ONE OF THE BEST DOCUMENTARIES I HAVE SEEN IN A LONG WHILE.**

Last month's readers will remember how my partner and I had journeyed to the naturist island of Levant to view the legendary Miss & Mister Levant Pageants and spend a day on this Mediterranean haven. There we met Isabelle Ros, a filmmaker from the mainland who was in the midst of making her very own and very personal account of both naturism, and its role in society now. We had the chance to

watch the film before it aired on French national television and were charmed by its warmth, intelligence and the sheer originality of the footage Isabelle has put together, both filmed, and that sourced from the archives.

The film itself is essentially a one-hour journey through the island as seen in Isabelle's eyes. Isabelle is new to naturism, curious as to the whys, whats and nots, but open-minded as to the appeal. Throughout the documentary she looks at the role naturism plays in the lives of the many locals on the island, hearing their stories and their views on both the place itself and the wider concept of naturism. The views of some of the older generations of

naturists seems more alive than in other documentaries I have seen over the years, Isabelle's intense camera lens seeming to cut through much more than previously achieved. Seeing the island shot in high-definition for one of the first times is fascinating in itself, the celebrated flora and fauna seeming to zing out of the screen.

But much of the charm of the film comes from the vintage footage, which is both nostalgic and intensely charming, edited with wit, humour and an affection that shines right through. We see an island where the adherence to the original ethos of naturism is so true that there is no pharmacy (ergo no drugs) and for many locals the way



of life still involves sport, walking, gymnastic exercise, and a healthy (minimal) attitude towards alcohol. For some of the one hundred who brave the naked lifestyle all year we hear that a naturist is a “nudist with convictions”, surely one of the best descriptions of an overly debated word. Incredible footage and photography tells us that during the 1960s heyday there was even a nightclub on the island, La Caravelle, where wild, and wildly uninhibited, parties took place, before locals entertained tourists in elaborate costumed (ish) events back at their villas... for the aforementioned Horlicks and tiddlywinks. There are frank conversations about this subject (all too often ignored in this kind of format) as Isabelle draws her interviewees out on the subjects of swinging and sexuality, and they respond intelligently and frankly. Naturists are, of course, allowed to have a sensual side and removal of your clothes does not automatically remove your sexuality. It's just a matter of being appropriate.

We meet the local vicar, Père Joseph, who comes every week on the boat to give mass to 40 (clothed) believers, and who shows an admirable lack of judgment on a world that no doubt, and rightly or wrongly, jars with some of his own beliefs.

It is often stated, but naturism is of course The Great Leveller. As pointed out in the film, the island allows “workers” and presidents of multinational companies to rub naked shoulders in the same space, with no obvious clues as to their respective social standings. It's a cliché, but that's because it's very true.

In one scene Isabelle explains how the island has no street lights, yet walking back from the square at night she feels no fear at all. It seems a sham that it needs to be said, but the way it's filmed continues to bathe the island in a most magical of lights.



I asked Isabelle some of the questions which the film brought to mind.

#### ***What made you decide to make this film?***

I discovered Héliopolis and the island of Levant in 2009. I was writing a tourist guide on the region and, like all those go there, I had a lot of preconceived ideas in my head – like how they would make me strip off straight away!

#### ***What surprised you when making it?***

It was really that the actually ‘being naked’ is only one part of what ‘naturism’ covers. I was fascinated to learn about the food, the exercise and the approach to the environment, which are just as much part of it. I would say that the people I have met who practise naturism are ‘better in their skin’ than others. They seem more aware of other human relationships and someone’s appearance comes a distant second.

#### ***How and where did you manage to find such incredible footage?***

I made several visits to Héliopolis before the shoot in order to meet ‘Levantins’, and choose my interviewees, get a better feel for the place. With Patrick Gherdoussi behind the camera people were so welcoming and recognised that we were not there to make a ‘sensational’ film.

#### ***You embraced the naturist lifestyle***

***yourself when making the film – was this out of adherence to rules, or your own decision?***

Simply we had to be logical. It would have seemed strange to be doing all this work towards understanding naturism if I wasn't prepared to be nude myself. And by that I mean physically and psychologically. But at Levant everyone is allowed to create their own rhythm, like being nude on the pathways or not – I found this particularly an example of their openness of spirit. I never felt obliged to get undressed, I just did it when the situation lent itself to it. Like how some people were nude when I interviewed them, some weren't. It didn't really matter, it was about respect.

#### ***And finally, are you now a convert to naturism? You certainly seemed to be at the end of the film.***

I really want to come back to Levant next summer for a real holiday, and not to work! I loved swimming nude but also being able to put on a sarong if I wanted to. That's both the freedom and the tolerance you find on the island.

H&E

#### ***Watch online...***

To watch the documentary *Du Soleil Sur Ma Peau* (Some Sun on My Skin), visit <https://vimeo.com/143016214> and use the password ‘massilia’





Jane Kendrick  
of Portugal Naturally  
continues her report on  
her first trip to the US

## Diary of a naturist guesthouse

**T**HE WHOLE BUSINESS OF HIRING AN RV IS A BIT OF A CON. The price listed on the Cruise America website is a bit misleading. It seems like such a bargain to rent a five-berth motorhome for \$26 a day but, by the time you have added all the extras (non-essential things such as bedding, pots and pans and cutlery) it comes to more like \$100. Considering the price of the 'extras' it's a bit of a rip-off. An old sheet, thin towels, and a thin eiderdown for \$55 each plus \$100 for a very basic kitchen set – it adds up to a lot more than the website leads you to believe.

We got off in the end though and headed for Walmart to do a bit of shopping. We were a little concerned about time as it gets dark about 5.30pm and we wanted to get to the campsite in daylight if possible. Shopping in America is an experience in itself! Strange things we had never heard of and the prices are really high – \$3 for a dozen eggs, for example. Hardly a bargain! Daylight was fading fast as we left the Walmart car park; what a good thing Danny had bought a satnav that worked in America, as we would never have found the campsite otherwise. Fortunately we got there in time for the check-in limit and hooked up without any problems.

An early night was on the agenda and after a few basics from our shopping expedition we went to bed. Saturday dawned and after a much better night we were all ready to face the day. It turned out to be a funny old day. To say we had a very helpful neighbour would be an understatement. After inquiring about

our plans for the day, she decided to organise us. Danny mentioned in a jokey way that Tracy loved shopping; his exact words were "my wife's a shopaholic" – and that was it.

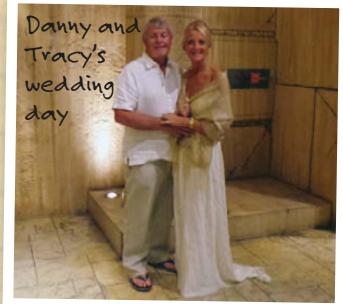


Caesar's Palace, Las Vegas

Caroline was on fire! She told us where to go to catch the bus; she gave us her bus passes as well as her phone in case we had a problem, as ours wasn't working, and sent us on our way armed with information about which stop to get off at on the return journey so we could walk past the lighthouse and the Queen Mary. It wasn't until much later in the day we questioned our motivation in wasting our time browsing around shops when we had intended to spend a day relaxing by the campsite pool to recharge our batteries, and realised that we had been killed with kindness. The only highlight was that I bought a very nice pair of shorts in a sale and we found a great place for lunch in a bar called Acapulco which boasted a 6ft 8in barman.

We followed Caroline's instructions on the way back and left the bus ready to walk by the lighthouse and the Queen Mary. What we had expected would be a short stroll turned out to be a very long jaunt. Stewart was very keen to see the Queen Mary and so we continued our never-ending walk. After about 35 minutes we found the right place and after another 15 minutes queuing Stewart decided he didn't want to go aboard after all! The reason I found out later was that they have turned it into something like a theme park. He was hoping for a proper viewing of the wonderful ship it had been, and didn't want to be disappointed by the reality of an 'Americanised' version of the original ship.

More by luck than judgment, we found our way back to the campsite via a free bus ride that took us past the entrance and then whisked us off a further two miles before stopping. We were determined to go out for a meal that night and be proper holidaymakers. We hired a cab and were off for the Long Beach nightlife. Finding somewhere to eat without an hour's queue for a table and with affordable prices wasn't easy, but we did eventually find a Mexican eatery for a reasonable price, though I drank apple juice with my meal rather than pay \$8 for a small



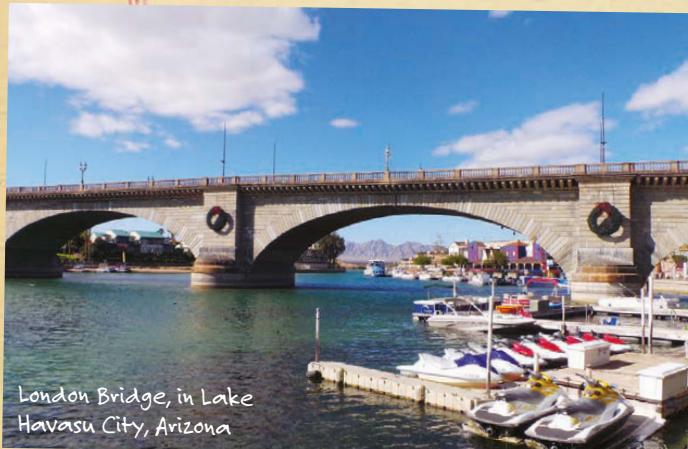
glass of fairly disgusting wine. Considering you can buy a bottle of very good wine in Portugal for €3 it just isn't something I can do!

Another cab ride home to our RV where all was very quiet. We had been hoping to socialise around the campfire and join in the game Stewart had witnessed the night before but there was nobody around. We decided to play it ourselves. We have called it 'the name game' and this is how it goes:

The first person says the name of a famous person, for example, David Cameron. The next person has to use the initial letter of the surname to begin the next famous person's name. For example, Colin Farrell, and so on. We started to play the game ourselves, and two hours and a few drinks later, we were running out of names, and Danny and I had been declared twins because of our annoying habit of supplying the answers for others when they were not welcome!

Sunday morning dawned bright and early for us as we were leaving for Arizona and Lake Havasu City. We had a couple of brief stops to refuel and have a late breakfast and then we arrived in Arizona. We found the campsite eventually, 10 minutes after the satnav had announced: "You have reached your destination"! The campsite was a little basic but in a lovely setting. No bar, no shop, but lovely views. Stew, Tracy and I played the name game while Danny snored... and another day was over.

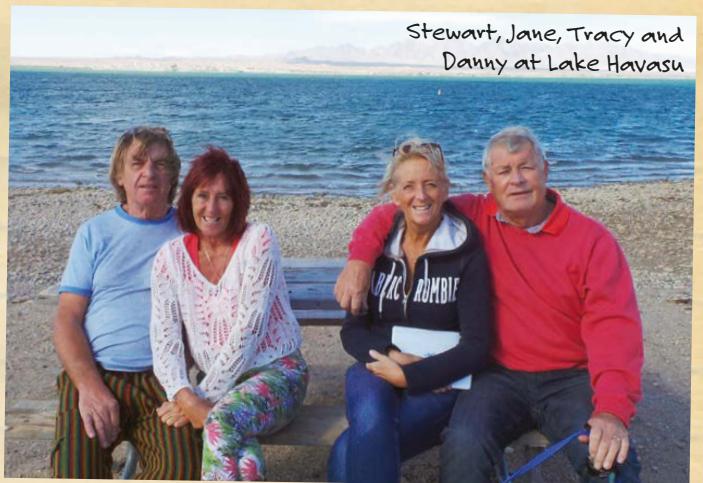
We couldn't be so close to London Bridge without going to visit it. Apparently the Americans thought they were buying Tower Bridge and were disappointed to discover their mistake when reassembling it in Arizona! It is still a good-looking bridge, though, with a rustic cafe underneath it and some quirky shops. We spent a couple of hours there before heading off in the direction of the Grand Canyon, one of the main things on Stewart's list. On route Tracy rang the RV park to find out when we could check in and they told us it was snowing. We stopped to refuel at Crazy Fred's Whorehouse (crazy country more like!). A truck fuel stop with diner, supermarket and brothel tucked around the back! In the shop they told



us the road had been closed due to bad weather. We had to rethink and head for Las Vegas a day early and miss out on the Grand Canyon, at least for now.

It was a struggle to find the RV park at Circus Circus in Vegas, but Stewart managed it eventually. It was really cheap to stay, \$97 for three nights, but that was the last bargain we found in Vegas!

I can't pretend that Vegas is my kind of city. It is all so big



and glitzy and like being Gulliver in the land of the giants. The worst thing the first night there, though, was the temperature. After LA and 32°C it was now about 5°C with a wind-chill factor of freezing.

We took advice and the following morning bought 24-hour bus tickets at \$8 a head. The buses are the cheapest and most convenient way of getting around Vegas. We checked out Caesar's Palace and a couple of other hotels. They are all pretty amazing I, have to say, but all pretty much the same. Lots of gambling, gambling and then more gambling!

Danny has recently finished intense radiotherapy for prostate cancer and told Tracy he wanted them to remarry. He is such a romantic, bless him. This event was to be the highlight of our Vegas stay, with Stewart as best man and me giving the bride away.

Stewart and I were spending a night at the Flamingo in order to have a bit of space, and Danny and Tracy were spending their 'honeymoon' night in the Luxor, and so after packing a small bag we left Danny and Tracy to a quiet night alone before their big day.

We showered at the hotel and made our way back to the RV and then went to Luxor Hotel where D and T were spending the night. We were picked up by a wedding car and driven to the Chapel of the Bells, the wedding venue. I can't share the details, but suffice to say it was very moving, not a dry eye in the house. I had expected it to be very cheesy and superficial but the chaplain handled it beautifully. Next we were back to the Luxor for a fabulous buffet which we found to be the best value in Vegas.

I won't be sorry to leave here tomorrow but it has been an experience. If you are planning a trip to the western USA you have got to give it a whirl. One of the hundred things to do before you die.

I feel I need to point out at this juncture that, this being our annual holiday, I am knackered! You have to walk miles and miles in this city. Every hotel is like a village or a small town and it is really difficult to find your way around. But I wouldn't have missed the Vegas experience for anything. The Luxor, for example – incredible architecture; The Excalibur – stunning; Treasure Island – amazing; and so it goes on... This is a city you have to visit if you are in America, but I won't be sorry to get back on the road. More next time...

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Motorhoming or caravanning?  
It's just a matter of size, says  
**Peter Coates...**

# FREEDOM of the road

# MENTION THE WORD CAMPERVERN OR MOTORHOME TO A FEW PEOPLE AND MY GUESS IS YOU'LL GET A

**VARIETY OF REACTIONS.** To some it's like camping in a van – slightly better than a tent but just as uncomfortable. To others it's an expensive way of having a large vehicle parked up for 11 months of the year doing nothing.

To the initiated, however, and especially the initiated naturist, it means one thing: freedom! Freedom to follow the warm sunshine, freedom to find those out-of-the-way places where you can enjoy being nude and freedom to tour at a fraction of the cost of staying in conventional accommodation.

More and more people are recognising the benefits of owning a 'camper' or motorhome. In 2014 there was an increase of 18% in sales compared to the previous year and the even better news is that younger people are showing an increasing interest in buying. If you're a

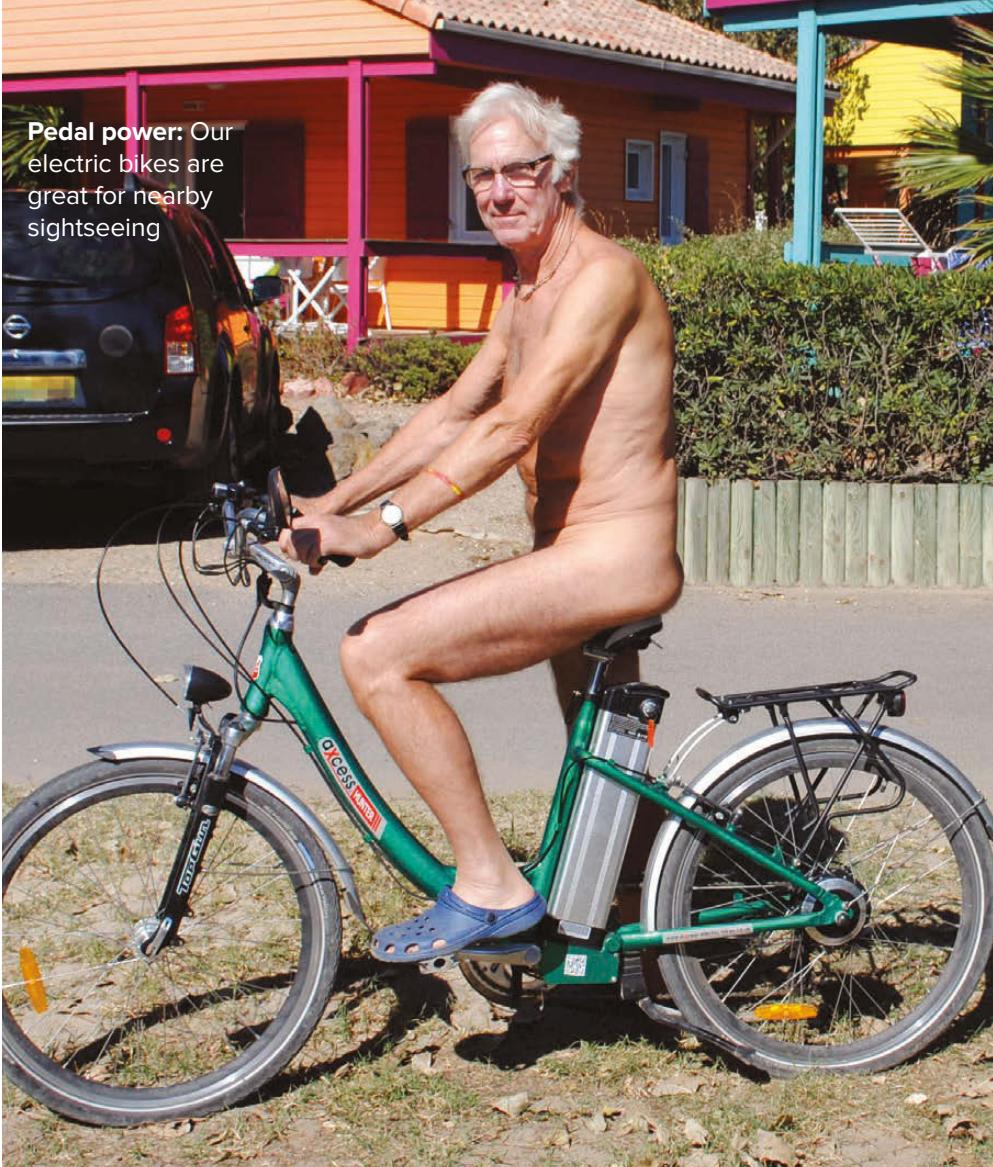
motorhome owner you'll already be fully aware of all the benefits. If you're not, here's a guide to what you need to know before you consider the investment.

## What's the difference between a campervan and a motorhome?

It's all to do with size! Basically a campervan is relatively small. Think of the classic VW campervan and you get the picture. There's usually no fixed bed (more of that later), there's usually no onboard shower or toilet and it has limited cooking facilities, although in many modern campervans this has changed dramatically.

The advantage of a campervan is its size. It's like driving a large car around so you can access most places that you might not be able to in a motorhome, (city centre parking can be easier, as well as very narrow roads, for instance).

**Pedal power:** Our electric bikes are great for nearby sightseeing



Motorhomes, on the other hand, are generally bigger so they offer more facilities. You can have an onboard shower and toilet and comprehensive cooking facilities including oven and grill. They can also offer a fixed bed which means you don't have to rearrange the furniture every night before you retire. The disadvantages are fuel economy (in general, the larger the vehicle the greater the fuel consumption), and accessibility. (We've seen motorhomes so big they can't access even some campsites and cannot drive into city centres.)

So the three things to consider before buying are: 1) what kind of touring do you want to do? 2) how comfortable do you want to be, and 3) how much do you want to spend?

When Gill and I bought our motorhome we knew we wanted to spend at least six to 10 weeks touring Europe. We wanted a fixed bed, a shower and a toilet on board so we could 'wild camp' if we wanted to (more of that later), and we wanted decent cooking facilities. A campervan couldn't

provide this. So we bought a Fiat Ducato Rapido motorhome. (We liked the 'Rapido' bit so we christened it 'Speedy Gonzales' – or 'Gonzales' for short!) At 6.5 metres it's about the smallest motorhome you can buy that offers a fixed bed. Ducatos have been around for years and were among the leaders in developing motorhomes so they've learnt a few tricks that enable them to utilise limited space imaginatively. Remember, however, that being naturist means you'll be storing far fewer clothes than normal – a huge advantage if space is limited. (If you plan your trip well you'll be nude most of the time, staying in naturist campsites, and dressing only when it's time to travel.)

Taking all this into account, and, like any major investment, you need to do your research and visit dealer showrooms to look at different models available.

## Buying versus renting

If you really want to buy a motorhome, which means making a sizeable investment, my advice is to hire one

or two to try before you buy. A word of warning, though: friends of ours hired a motorhome for a week and travelled to Scotland and back from the south-west of England. Unfortunately the heater didn't work properly and the vehicle had an annoying squeak so the experience put them off buying – for the time being, anyway. So make sure you hire a quality motorhome from a reputable dealer. That way you'll get a good idea as to whether it's right for you and what onboard facilities you really do need.

Renting your motorhome can be a viable option. The advantage is, of course, you avoid the capital outlay, which can be substantial. The rental company also has all the responsibility of servicing, repairing and taxing the vehicle. However, because it's never actually yours you can't personalise the interior and if you plan long trips the rental fees can be prohibitive because renting a motorhome is not cheap. Again, it's a case of analysing just how much you'll use it.

### What kind of motorhome?

OK, so you've decided to buy your motorhome. The big question is 'which one'? The desire to have a fixed bed will greatly reduce your choice, so it's vital you consider this option carefully. (You'll often see motorhomes with a bulbous structure over the cab. This is usually where the bed is located. It's out of the way of the main living space, which is a huge advantage. However, because the bed is located across the vehicle, if you're a couple, the person on the inside has to climb over their partner to get into or out of bed and if you're even slightly claustrophobic you won't enjoy the sleeping arrangement much.)

So, having made the vital 'fixed bed' decision, you'll end up with a range of models available – and the next decision is, how many facilities do you want? Again, if a shower and loo are a necessity then that will limit your choice further. This raises the question of whether you'll want to 'wild camp'. This is when you park up and spend the

night in a location outside of a campsite, say for instance by a lakeside or in an unrestricted place in the countryside (great if you want to be really back to nature and nude). However, you'll need to be self-sufficient so if you want to maintain your comfort level you'll need to maintain an independent electricity supply and most people will want at least a loo.

Wild camping is relatively safe here in the UK, but it is not recommended now in certain parts of the northern Mediterranean where motorhomes have become the targets of thieves who will sometimes resort to gassing the occupants using a hose underneath the vehicle and then help themselves to the contents while the inhabitants are rendered unconscious. We never 'wild camped' while we were in Europe but nevertheless our shower and toilet have been an invaluable asset when we've camped here in the UK – at music festivals, for instance. So, once again, visit several dealers and look at as

#### Quick getaway:

The detachable awning means we can drive away and leave it in place



many combinations as possible before deciding which model you'll go for.

### The costs

The running costs of your motorhome can be pretty high. The major factors are insurance, road tax, fuel consumption and servicing. My advice is talk to a dealer when you have a model in mind so that costs don't come as a big surprise. There are specialist motorhome insurance companies so contact them and obtain a quotation. The Caravan Club is also worth talking to and joining as you can get various benefits including some reduced campsite fees and cheaper insurance if you're a member. If your campervan or motorhome is parked up for long periods during the year you need to consider obtaining a SORN (Statutory Off Road Notification) from the DVLA, whereby you declare the vehicle is not being driven on a public highway and you can reduce the tax burden. During this period when the motorhome is not in use you'll need to store it. If you're lucky enough to have a large enough garden in which to keep it, then storage costs aren't a problem. Otherwise ➤

**Life on the road:** A sunny breakfast and bikes attached ready to go



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you will need to shop around for a competitive storage rate – another cost you'll need to factor in.

### Add-ons

Most modern motorhomes now have what they euphemistically call 'a garage'. This is a storage space usually at the rear and often situated beneath the interior bed. Depending on how much additional gear you intend to carry, you'll need to take this into consideration as you need to avoid having to store equipment inside the motorhome.

### The essentials

The following items are the basic minimum you'll need for any trip: a hose for refilling the water tank, an electric cable called a 'hook-up' so you can connect to an electricity supply, levelling chocks (small ramps you can place under the wheels and drive on to if the ground is uneven), and a grey water container (grey water is any water you use and has to be collected, other than

your loo which is separate and 'built in'). Picnic table and chairs for al-fresco dining are also a must.

### Nice to have

A TV with satellite dish and a music system (depending on how much onboard entertainment you want and the size of your wallet). A standalone awning. This is a tent-like structure that you can attach to the side of the motorhome to give you, in effect, an additional room. If you want to drive off somewhere, the awning is constructed in such a way as to be independent, so when you return you simply drive alongside and reattach yourself. Bikes are a useful means of transport if you want to leave the motorhome parked on site. We bought two electric bikes, which have been invaluable and give us the opportunity to travel longer distances from the campsite. A scooter gives you even more flexibility but you'll need a hydraulic lift to attach it to the rear of the motorhome. And, of course, you could tow a small car, although

this adds hugely to the weight and manoeuvrability of the vehicle.

### Touring abroad – the naturist way

Most of the northern Mediterranean countries have a good choice of naturist campsites: some very basic, others very well-appointed and maintained. Italy is the exception, if only because naturism here is far less practised, although this situation is changing slowly. The best source of information on campsites is on the internet. If you plan your route carefully you can usually travel from one site to the next and enjoy being nude during pretty well all of your holiday except when travelling. What more could you ask?

If you're thinking of buying a camper or motorhome, I hope this article will help you make some decisions. Now there's nothing to stop you heading for the freedom of the open road, warm sunshine and the joys of naked touring!

Watch this space for more travels with 'Gonzales'... 

**Essential equipment:** Levelling chocks are invaluable on sloping ground



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## Landscape Figures

### Ascension

"I couldn't work out what was happening. I wasn't sure whether she had been injured, was being rescued, had died, or was being sacrificed! Whatever their purpose, his task was formidable, carrying a seemingly lifeless figure up a steep mountain of sharp, rough rock, the sun blazing on his back and every boulder an energy-sapping obstacle to his final goal.

"It has always intrigued me, that as we go about our own daily lives, often worrying about one thing or another, other people face their own huge challenges, both emotional and physical, which often go unrecognised or appreciated by the rest of society. I just happened to be there at the time to witness this journey of the couple and I just hope the woman was okay. I shouted up to ask if they wanted help but he was oblivious to my call and seemed full of personal intent, anyway."

From the project *Landscape Figures*,  
by Glyn Davies

© GlynDavies.com





**HERE HAS BEEN NUDITY IN THE MOVIES ALMOST AS LONG AS THERE HAVE BEEN MOVIES, FROM THE EARLY EXPERIMENTAL**

**DAYS OF CINEMA ONWARDS: IT IS AFTER ALL WHERE THE PHRASE ‘PEEP SHOW’ ORIGINATED.** Busby Berkeley’s scantily clad chorus line dancers and Hedy Lamarr’s famous nude run in *Ecstasy* may have heralded the Hollywood production codes and a 30-year era of cover-ups, but with the arrival of the permissive society in the 1960s, the gloves – and just about everything else – were off. Nudity, no longer restricted to under-the-counter porn and low-budget nudist camp flicks, started to become commonplace in mainstream cinema, and even the big stars were tempted into showing more to their adoring fans than – in Cole

Porter’s famous words – a glimpse of stocking.

These days, anything certainly goes, and the occasional non-nudity/body-double clause apart, it’s difficult to think of a major modern-day actor or actress who hasn’t bared all for their art – or at least box office ratings.

On the whole, those appearances usually fall into one of the following categories:

#### **BEFORE THEY WERE FAMOUS:**

Usually (but not exclusively) involving aspiring young actresses keen to make their mark, and happy – or at least persuaded – to do nude scenes, often in low-budget independent productions or in supporting roles in bigger movies. Examples include Michelle Pfeiffer in *Into The Night* (1985), Melanie Griffiths in *Something Wild* (1986), Charlize

Theron in *The Devil’s Advocate* (1997) and Katie Holmes in *The Gift* (2000).

**REASON THEY BECAME FAMOUS:** Where would Sharon Stone be without *Basic Instinct* (1992) or Bo Derek without *10* (1979)?

**ESSENTIAL TO THE MOVIE:** Screen nudity can often define a character, such as the brazen Kathleen Turner in *Body Heat* (1981) or the submissive Maggie Gyllenhaal in *Secretary* (2002). Neither movie would have worked as well without it. And if you’re making a film about the adult entertainment industry, you can’t be coy – neither therefore could stars Demi Moore in *Striptease* (1996), Heather Graham in *Boogie Nights* (1997) or Amanda Seyfried in *Lovelace* (2013).

**HEADLINE GRABBERS:** A brief flash of flesh, especially from an established

MAIN PHOTO: Hollywood Reporter

# Film BUFFS



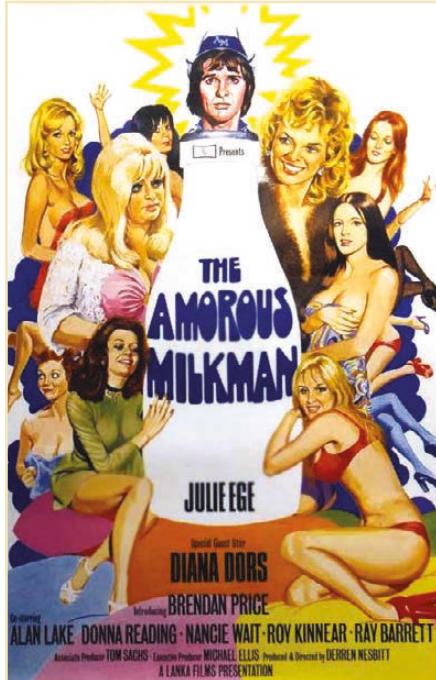
## Paul Rouse

uncovers some surprising naked appearances on the big screen...

star, can work wonders in the marketing of a movie – think Halle Berry in *Swordfish* (2001), Rene Russo in *The Thomas Crown Affair* (1999) or the usually demure Julie Andrews in *S.O.B.* (1981).

**WHAT'S THE BIG DEAL?** With some actresses – Helen Mirren, Greta Scacchi or Kate Winslet, to name just a few of the better ones – it's sometimes harder to list the films in which they've kept their clothes on.

Most of the above are relatively well-known cases. But then there are those nude screen appearances which have been buried in the vaults, expunged from CVs, or simply defy logic, from stars you might never have imagined had ever got their kit off for the camera. So test your movie knowledge and see how many of these you recall (or will own up to having seen)...



**The star:** Diana Dors

**The film:** *The Amorous Milkman* (1975)

**The lowdown:** Britain's answer to Marilyn Monroe (or at least Jayne Mansfield) matured from blonde bombshell to fine character actress in her later years, but not in this abomination: the nadir of the era's *Confessions*-style British sex 'comedies'. Notable only for the fact that star Brendan Price manages the impossible – showing even less acting talent and charisma than Robin Askwith.

**The critical reaction:** "Bawdy trash."  
*Radio Times*

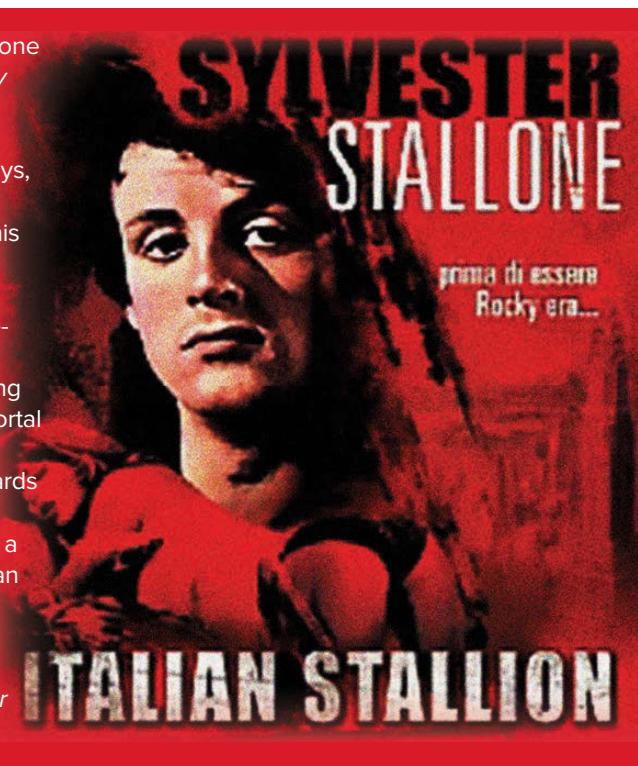
**The star:** Sylvester Stallone

**The film:** *A Party at Kitty and Stud's* (1970)

**The lowdown:** In his struggling pre-*Rocky* days, the starving actor went the distance to star in this crudely shot hardcore porno romp. When he hit the big time it was re-released under the title *The Italian Stallion*, giving movie fans - in the immortal words of the authors of The Golden Turkey Awards – "the thrill of watching Sly pumping something a bit more challenging than mere iron."

**The critical reaction:**

"Stallone displays his shortcomings." *The Four Word Film Review*



**The star:** John Travolta

**The film:** *Moment By Moment* (1978)

**The lowdown:** It's hard to believe that JT's follow-up to the box office hits *Saturday Night Fever* and *Grease* saw him play a character called Strip (honest) in this dire and unconvincing May-December romance featuring his near-doppelgänger Lily Tomlin. The stars appear naked in a hot tub scene which by all accounts was greeted by hoots of derision from the thankfully few cinema audiences who saw it.

**The critical reaction:** "Totally unsympathetic characters set against a background of shrink-riddled, over-privileged Marin County society, and accompanied by some of the worst easy-listening muzak LA could dredge up. Yuk." *Time Out*



**The star:** Kirk Douglas

**The film:** *Saturn 3* (1980)

**The lowdown:** The Hollywood legend was obviously finding good parts hard to come by as he entered his 60s. Why else would he choose to star in this lame-brained, Lew Grade-produced sci-fi schlockfest? Co-star Farrah Fawcett tosses her locks and displays her assets if not her acting ability, while in a mooning scene, Kirk shows us that the famous Douglas dimple is not restricted to his chin.

**The critical reaction:** "Awesomely stupid, totally implausible from a scientific viewpoint, and a shameful waste of money." *Roger Ebert*



**The star:** Toyah Willcox

**The film:** *The Ebony Tower* (1984)

**The lowdown:** The punk singer-turned actress was in exalted company (co-stars Laurence Olivier, Greta Scacchi and Roger Rees, screenplay by John Mortimer, original novella by John Fowles) for this well-crafted TV movie about a crusty old English painter living in exile with his two muses. Set in the south of France in summer, it's inevitable that Willcox and Scacchi, as the artist's models, spend a lot of their time naked: in the studio, reading on the lawn, skinny-dipping in the river, while Rees toys with his conscience about being unfaithful to his wife.

**The critical reaction:** "Toyah does what she can – she isn't the best actress around and appears to be compensating for that by bringing her stylists with her: her hairstyles and make-up appear ludicrously theatrical and intricate for a simple country sojourn." *The Digital Fix*



[nunude.co.uk](http://nunude.co.uk)

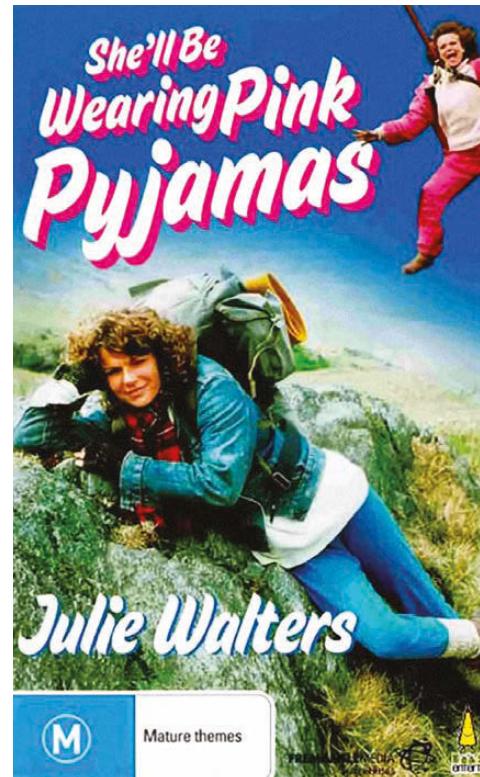
THE HOME OF NATURAL NUDES

**The star:** Julie Walters

**The film:** *She'll Be Wearing Pink Pyjamas* (1985)

**The lowdown:** We all remember her as one of the coyly naked *Calendar Girls* (2003), but Britain's national treasure showed off a lot more several years earlier in this Film Four production about a group of middle-aged women on an outward bound course in the Lake District. There's a touching skinny-dip where she persuades one of her shy companions to shed her inhibitions, and a full-frontal communal shower scene that's about as far removed from Porky's as you could imagine.

**The critical reaction:** "The women are a lively and well-differentiated lot, and there is a bevy of fine actresses playing them." *Variety*



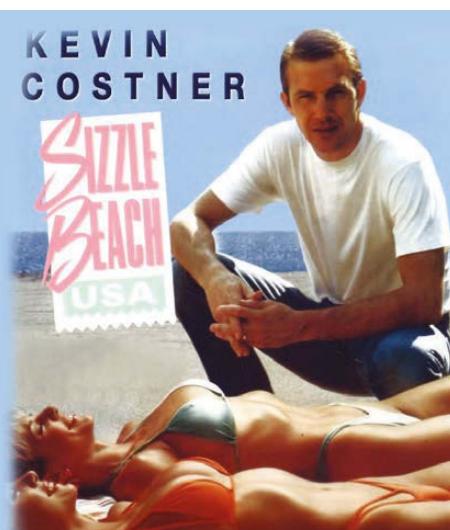


**The star:** Kevin Costner

**The film:** *Sizzle Beach USA* (1981)

**The lowdown:** Also known as *Malibu Hot Summer* in later versions released after Kev shot to fame, this is his earliest-known screen appearance, a zero-budget softcore road movie. Apparently there was no script, with the actors making most of it up as they went along. It figures.

**The critical reaction:** "A maddeningly random collection of scenes and images that your brain works overtime to try and connect." *Movies About Girls*



**The star:** Kathy Bates

**The film:** *About Schmidt* (2002)

**The lowdown:** By her own admission, Kathy Bates is neither the youngest, slimmest or most beautiful star in the Hollywood firmament, so probably thought 'what the hell?' when – at the age of 54 – she decided to get naked and share a hot tub with Jack Nicholson in this acclaimed social satire-cum-black comedy. *Rolling Stone* described it as "the one scene (and it's a pip) where Nicholson gives his famous eyebrow a hilarious workout."

**The critical reaction:** "Irresistibly droll." *The Guardian*

**The star:** Olivia Colman

**The film:** *Confetti* (2006)

**The lowdown:** An early appearance by the future Bafta-winning actress, who spends a large part of her segment of this mockumentary totally naked, as one half (alongside Robert Webb) of a naturist couple battling it out to win the coveted title of Most Original Wedding of the Year.

**The critical reaction:** "It's cheerfully daft enough to be good fun, and even if you won't be quoting it the next day, it'll keep you laughing from start to finish." *Empire* 



# ARCHIVES



# **HEALTH & EFFICIENCY**

#### **LET'S PULL TOGETHER**

**Ernest Stanley makes the plea that if the Naturist movement in this country is to progress, the national bodies of the Press and Central Council must work in harmony.**

**THOUGHT I'D GO BACK A ROUND  
50 YEARS FOR THIS MONTH'S  
COLUMN - BACK TO FEBRUARY  
1966, WHEN *H&E* WAS POCKET-  
SIZED AND COST THREE**

**SHILLINGS.** During this period the cover girls were dressed in bikinis, which was rather odd for a naturist magazine (despite the fact 'naturist' was nowhere to be seen on the cover), and this did not go unnoticed by readers, one of whom complains in the letters page.

"It seems to be a retrograde step that the young ladies on the cover are once again wearing bikinis, instead of being nude," says 'I.S.' of Leeds, who adds: "Although many of the pictures in the magazine are very attractive, they are not, I feel, a true representation of the average sun club. Surely it would not be impossible to find photographs of families or groups of nudists which express the natural joy of social nudity." This is a perennial complaint, but in defence of the then-editor, Leslie Bainbridge, he probably faced the same problems I do today, in that groups of people socialising at naturist clubs often do not want their photos featuring in a magazine, so to illustrate certain features it is sometimes necessary to use pictures of models, who do

## NUDIST

THIS business "nudist" or "naturist"? I have already written before on the subject and surely the whole business can be finalised. Once your clothes are off outdoors you are nude and a nudist. If you go unwashed and live on wild berries you are a naturist.

E.H.

Essex.

tend to be more attractive than the average person. I always strive to strike a balance between the two, if at all possible, but I am forever on the lookout for good-quality pictures of people of all genders, colours, shapes and sizes.

I don't think it's any secret that Bainbridge favoured pictures of lissom lovelies, though, and the vast majority of photos in this issue are of women, with quite a few of young children, too.

And as British Naturism prepares to launch its 2016 campaign to encourage women into the lifestyle, it's interesting to read Julia Todd Forbes' reasoning for why "social nakedness has so much more to offer women than it does to men", including getting an enviable "glowing skin all over".

Meanwhile, elsewhere Bulgaria was hailed as a "new country where naturism is recognised", with the opening of the Slunchev Bryag, or Sunny Beach, resort.

Sam Hawcroft 



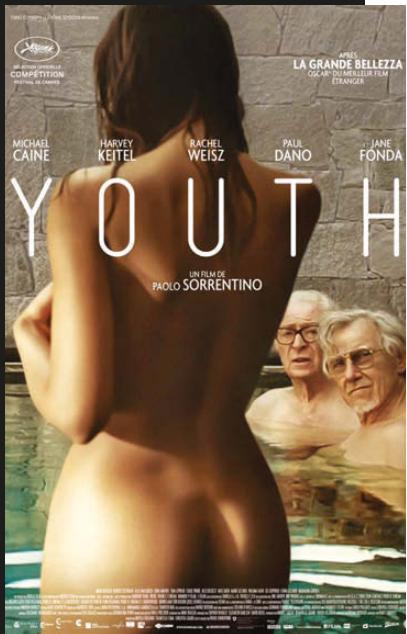
Factory-farming has no place in Naturist circles—not with chicks like Gloria to decorate the landscape!

# FEMALE CALLING

**Julia Todd Forbes, the well-known, go-ahead personality of New Zealand's Kaurimu Sun Club, certainly knows her naturist onions. In this article she claims that Naturism should be specially appealing to women because of the many advantages to be gained**



# REVIEWS



## FILM

### YOUTH

Italy/France/Switzerland/UK,  
2015

Director: Paolo Sorrentino

At the time of going to press,  
it was available on Amazon.uk  
as an Italian import.

**As for the nudity,  
the flesh of youth  
and old age is clearly  
contrasted, but  
non-judgmentally  
so. Rows of mostly  
elderly, bathing-  
suited clients are  
shown lining up for  
treatments or laid out  
on wooden decks,  
taking a sun-bath**

**HAD NO IDEA WHAT TO EXPECT FROM YOUTH.** All I knew was that it starred an 82-year-old Michael Caine and that some non-sexual nudity would be guaranteed – since the film is set at a spa-hotel for the rich and famous and ageing wealthy in the mountains of Switzerland. It turned out to be the most pleasant of surprises, with Caine in masterly form, dialogue that is both witty and insightful, and, thanks to director Paolo Sorrentino, some superb cinematography.

Despite being framed against the grandeur of the Swiss Alps, the film has a closed-in, almost theatrical quality. The spa itself, a handsome stone building at the bottom of a valley, provides the limited number of scenery changes: the dining room, a heated pool, the gardens, a doctor's clinic, a massage room. There is little 'action' to speak of in what is essentially a meditation on youth, art, age and the passing of time.

Old age is represented by retired orchestra conductor Fred Ballinger (Caine) and his best friend, film director Mick Boyle (Harvey Keitel). In youth's corner, there is Boyle's team of enthusiastic writers; a young masseuse with braces; and the newly crowned Miss Universe, with her naturally perfect body. Somewhere in-between comes Ballinger's just-been-dumped daughter (Rachel Weisz), and a cynical Hollywood actor (Paul Dano) who's at the spa to get inspiration for his forthcoming role (no spoilers, but the scene where he marches into the dining room in character is one of the film's most brilliant visual gags).

The film could have been sentimental, it could have been full of clichés, but it's not. The script is too good. And Caine and Keitel are utterly convincing and at ease as the best of old friends – whether they're comparing health notes ("Have you peed today?"), bantering about old love rivalries, or making ironic observations about the hotel's diverse and eccentric guests.

Then there's the music – the main character is, after all, a retired conductor. Central to the story is Ballinger's invitation

from the Queen to perform his famed 'simple songs' at Prince Philip's birthday concert. The reason he refuses (at least, at first) only becomes clear later on, but is intrinsic to his personal back story of love, loss and regret. Apart from 'simple song #3', written especially for the film by Pulitzer Prize-winning composer David Lang, the musical score includes music from the artists who perform nightly in the hotel's gardens – most notably from Sun Kil Moon, of whose gorgeously melancholic songs I'm a huge fan. The prize musical performance, though, goes to Caine, in a marvellous scene where he sits in a field and conducts a herd of cows, turning their bells and moos into a symphony in his head!

As for the nudity, the flesh of youth and old age is clearly contrasted, but non-judgmentally so. Rows of mostly elderly, bathing-suited clients are shown lining up for treatments or laid out on wooden decks, taking a sun-bath. Occasionally one or two of the guests will be naked – the spa seems to be clothing-optional – and the camera lingers just long enough to convey the pleasurableness of being naked in the water. Caine himself appears in close-up semi-nakedness in numerous scenes. Taking such 'exposure' in his stride, the actor told reporters at Cannes: "It didn't matter to me because it's the only body I've got, an ageing body." Finally, of course, there is the much-publicised nude scene that graces the film's publicity posters and features the flawless Miss Universe entering the pool as Caine and Keitel look wistfully on. In a nutshell, says Caine: "That is youth. We're looking at what we've lost and are never going to get again."

*Youth* has its faults. Some of the dialogues are a bit draggy, and for some it may just be a little too arthouse, a little too contrived, and certainly a little too long. But what gives the film more than just a 'pretty face' is, without doubt, Michael Caine's understated performance. If *Youth* is the last film he ever makes, it will be a superb note on which to end his long and distinguished career.

Theresa O'Shea

## VERDICT

★★★★★

**BOOKS**

**SINCE THE MOMENT WE MET, aka  
PURE PASSION IN PARADISE**  
by Kathryn McKrystal

*Since the Moment We Met* is published in paperback by CreateSpace, ISBN 978 1500367596, and as the *Pure Passion in Paradise* ebook for Kindle.



**KATHRYN MCKRYSYAL'S FIRST FULL-LENGTH STORY IS CALLED SINCE THE MOMENT WE MET AS A PAPERBACK, OR PURE PASSION IN PARADISE AS AN EBOOK.** She delivers the steamy tale promised by the covers and titles, with other elements. As well as romance, you get thriller, success-in-business, down-among-the-lowlife and, of particular interest here, joys-of-naturism.

Heroine Penny Copperfield is a confident and competent 30-something non-naturist. Blonde, fit and attractive, she answers an advert for receptionist and office assistant at Paradise on Earth. This Arizona company is building a clothes-optional retirement community, a small town. Everything is hi-tech, and Penny's interview is conducted via Skype. She gets the job and, within days, her cheerful efficiency

results in promotion to office manager.

Except when using the pools and hot tub with their "no clothes" rules, Penny stays dressed. While nobody actually objects, her new friends can't understand why anyone would want to keep their clothes on when they don't have to. The only uncertainty for the reader is how long McKrystal will string out this will she?/won't she? sub-plot.

By the time Penny embraces clothes-freedom, and the romance thread has developed fully, readers might be wondering whether McKrystal's first two chapters about weak-willed Bernadette Wilkins and her violent gangster boyfriend had been included by mistake. Never fear. As with the pages devoted to establishing and operating a complete township, screening job applicants, running a private police force and meeting the health and safety requirements of a substantial catering operation while being committed to nudism, everything is relevant.

There is a bad apple in Paradise, a perverted voyeur for whom organised naturism is a happy hunting ground. Otherwise, McKrystal's nudists are good-looking and upright folk. Even the retired residents' bodies have few sags or wrinkles – all these nudists glow with health and vigour, and hardly

any are "big-boned".

As with McKrystal's product-placement for the real-life but commercially unproven Solar Roadways, I found this idealised presentation sat awkwardly alongside the gritty realism used for most business practices, law-enforcement and criminality – although it is well-suited to the book's romantic strand.

While McKrystal does a reasonable job of mixing crime and romance, the crossover may irritate those who favour only one of these genres. For example, the strong romantic element means that the crime thread (which is anything but "cozy") cannot generate the tension of an out-and-out thriller: the reader never doubts that love and the lovers will triumph. With this proviso, I think this adult-themed tale of beautiful and high-minded naturists could please those seeking something a little different from standard detective or lurve stories.

*Tim Forcer*

**VERDICT**

Naturist content	★★★★★
Good read	★★★★★
Value for money (pb)	★★★★★
Value for money (Kindle)	★★★★★

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Kathryn McKrystal

# CLUB GUIDE

Not listed here? Get in touch! Email [listings@henaturist.net](mailto:listings@henaturist.net)  
with your details or call 01482 342000

## BEDFORDSHIRE

### Blackthorns Sun Club

Sharnbrook, near Bedford  
01234 782212

## BERKSHIRE

### Heritage Club

Heath Ride, Crowtherne, RG45 6BS  
01344 775032

## BUCKINGHAMSHIRE

### Diogenes Sun Club

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Rickmansworth  
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[www.diogenessunclub.co.uk](http://www.diogenessunclub.co.uk)

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### North Western Sunbathing Soc

Email: [membsecnwss@mail.com](mailto:membsecnwss@mail.com)

## CORNWALL

### Southleigh Manor

St Columb Major  
Cornwall TR9 6HY  
01637 880938

## CUMBRIA

### Solway

07943 496100

### Lakeland Outdoor Club

Stoup Dub Farm, Haverigg, Millom  
Marion (Secretary): 01484 863036  
[marion@lakelandoutdoorclub.co.uk](mailto:marion@lakelandoutdoorclub.co.uk)

## DORSET

### Rivendell

Horton Heath, Wimborne  
BH21 7JN

01202 824013

### Bournemouth & District

### Outdoor Club

Matchams, Nr Ringwood BH24 2BU  
07775 968518  
[bdocnat@hotmail.co.uk](mailto:bdocnat@hotmail.co.uk)  
[www.bdoc.co.uk](http://www.bdoc.co.uk)

### South Western Outdoor Club

Dorchester  
07534 091443  
[www.swoc-naturist.co.uk](http://www.swoc-naturist.co.uk)  
secretary@swoc-naturist.co.uk

## DURHAM

### Greenacres Club

0191 491 0648

## ESSEX

### Springwood

PO Box 8020, Leicester LE9 3WX.

## DEFINITIONS

First figures are membership numbers. n/a – not known. 123 – number of members or units in club. OP – outside pool. IP – inside pool. OP + IP both inside and outside pools (n.b. where known). S – sauna and associated facilities. C – clubhouse or other building. LB – licensed bar. G – games courts (general). M – miniten courts. Pet – petanque (boules). B – badminton. SH – shuffleboard. V – volleyball. CP – dedicated play area for children. SE – special events held during season. ST – stays in tents caravans and/or accommodation for hire. HOL – holiday venue. £000 – annual membership fee for 2 adults and 2 children. F&C – families and couples only admission policy\*. All – membership open to all. Q – quota for single men and women. DV £00 – cost of day visit for 2 adults/2 children.

\*Discriminatory admissions policies are against the law. H&E naturist includes this information only when requested by club officials. Hawk Editorial Ltd accepts no responsibility for any consequences of information in these listings and cannot guarantee their accuracy.

Colchester 07789 044072

### Oakwood Sun Club

Romford/Brentwood 07960 109041

## Arcadians

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Clubhouse: 01727 873576

[info@sun-folk.org.uk](mailto:info@sun-folk.org.uk)

[www.sun-folk.org.uk](http://www.sun-folk.org.uk)

OP S C M Pet B V CP

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01689 871200

### Silverleigh

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Kent TN15 6EX

01474 853438

## LANCASHIRE

### Lancashire Sun

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Rufford, Ormskirk L40 1SX

01704 823323

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[info@oaklandssunclub.co.uk](mailto:info@oaklandssunclub.co.uk)

## LINCOLNSHIRE

### East Midlands Sunfolk

07734 882333

### Lakeside Farm

07932 784918

### Sungrove Sun Club

07745 106008

## MERSEYSIDE

### Liverpool Sun & Air

Sunnyside, Fox's Bank Lane

Whiston, Merseyside L35 3ST

07967 884448

[www.lsas.org.uk](http://www.lsas.org.uk)

[secretary@lsas.org.uk](mailto:secretary@lsas.org.uk)

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### Wirral & Liverpool SCN Club

email: [smoothandnude@yahoo.co.uk](mailto:smoothandnude@yahoo.co.uk)

## NORFOLK

### Broadlands

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Norwich NR4 8NG

01508 492907

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## SHROPSHIRE

### Telford Naturists

01952 610873

## SOMERSET

### Ridgewood Sun Club, Clevedon

Email: [ridgewoodsunclub@live.co.uk](mailto:ridgewoodsunclub@live.co.uk)

[www.ridgewoodsunclub.co.uk](http://www.ridgewoodsunclub.co.uk)

## SURREY

### The White House Club

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5YX, or phone Jim on 07860

877866.

## SCOTLAND

### Scottish Outdoor Club

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01563 534320

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### Forth Country Club

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0118 975 2202 or 0118 937 1902

**BRISTOL**

Aquasol  
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**CHESTER**

Wirral Naturist Club  
Northgate Arena, Chester, Saturday evenings. 07884 022146  
enquiries@wirralnats.org.uk  
[www.wirralnats.org.uk](http://www.wirralnats.org.uk)

**CORNWALL**

Far West Swim 07891 256130

**DEVON**

Torbay Sun Club 01395 233259  
Plymouth Sun Club 07527 414009  
[info@plymouthsunclub.org.uk](http://info@plymouthsunclub.org.uk)  
[plymouthsunclub.org.uk](http://plymouthsunclub.org.uk)

Facebook: <http://fb.me/plymouthsc>

**DORSET**

Naked swim  
[nakedswim.co.uk](http://nakedswim.co.uk)

**ESSEX**

Springwood Sun Club  
Prested Hall, Feering:  
07789 044072

**The Naturist Spa Club at Aqua Springs** Colchester Leisure World,  
1st & 3rd Sundays.

01206 824113  
[naturistspaclub.wix.com/naturist-spa-club](http://naturistspaclub.wix.com/naturist-spa-club)

**GLoucestershire**

Wyvern Swim 07563 678253  
Severn Vale Swim 01452 522896

**HAMPSHIRE**

Alton  
Saturday: 023 8063 2199  
Sunday: 01420 540040  
New Milton 023 8090 5935  
Halcyon 023 9238 8482  
**HERTFORDSHIRE**  
Watford Naturist Swimming Club  
Watford Leisure Centre – CENTRAL,  
Peace Prospect, WATFORD, WD17  
3HA. Fridays (exc Bank Holidays)  
2045-2200 £5 visitors, £4 WNCS members. Under-18s £1, under-fives free. ID: BN, club card, or trial visitors' letter from club secretary.  
[www.wnsc.org.uk](http://www.wnsc.org.uk); [info@wnsc.org.uk](mailto:info@wnsc.org.uk)  
Recorded Information:  
0845 347 9319 (Calls will cost 3p per minute, plus your phone company's Access Charge)

**KENT**

Silverleigh 01474 853438

**LANCASHIRE**

Poulton-le-Fylde swimming centre  
01253 771528  
[www.blackpoolandfyldesunclub.moonfruit.com](http://www.blackpoolandfyldesunclub.moonfruit.com)

Morecambe Bay 07842 124 610  
Acqua 01253 294610

**LEICESTERSHIRE**

Desford Swim 07762 732601  
[www.desfordswim.org.uk](http://www.desfordswim.org.uk)

**LINCOLNSHIRE**

Seaford Swim 01522 871096  
[sleafordnude@gmail.com](mailto:sleafordnude@gmail.com)  
[sleafordnaturistswim.blogspot.co.uk](http://sleafordnaturistswim.blogspot.co.uk)

**LONDON**

Naturist London Sunday Swim  
12-2pm at Student Central (formerly ULU); web: [naturist.london](http://naturist.london)

**Altogether Yoga**

[www.altogetheryoga.com](http://www.altogetheryoga.com)  
**Naked Yoga London**

[www.nakedyogalondon.co.uk](http://www.nakedyogalondon.co.uk)  
**NKD Training** (exercise sessions)  
[www.nkdtraining.co.uk](http://www.nkdtraining.co.uk)

Rio's 020 7485 0607

**NORFOLK**

Club Naturel  
[hillhousefarm@live.co.uk](mailto:hillhousefarm@live.co.uk)

**NORTHAMPTONSHIRE**

Northampton Sun  
08707 650558  
**NOTTINGHAMSHIRE**  
South Forest Leisure Centre, Edwinstowe First and third Saturdays every month, from 7.30pm to 10.30pm: 01623 823866

**OXFORDSHIRE**

Oxnat 07941 435021

**STAFFORDSHIRE**

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30-metre pool & water flume, sauna & plunge pool, Turkish suite. ID required. 01782 281189  
[www.potteries-swim.org.uk](http://www.potteries-swim.org.uk)

**WaterWorld** Stoke-on-Trent. Next swims: April 23, and Sep 3, 2016 – [www.bn.org.uk](http://www.bn.org.uk)

**SUFFOLK**

Mildenhall Swim 07946 886843  
Newmarket Swim 07946 886843  
Helsinki Health 01473 724196

**SURREY**

Noah's Ark Club 01372 456536  
Shabden Leisure 01797 364315

**SUSSEX**

Eastbourne 01323 422421

**TYNE & WEAR**

Newcastle Turkish Bath  
[www.nudewisks.co.uk](http://www.nudewisks.co.uk)

**WEST MIDLANDS**

Spectrum Club 07876 661483  
membership@spectrumclub.org.uk  
Swans 07811 451545

**WILTSHIRE**

Pickwick Club  
07952 298741 or 07840 985693

Madnat 07092 031130

**YORKSHIRE**

Leeds Naturist Group  
Bramley Baths – weekly swim and steam room.  
[leedsnaturistgroup@gmail.com](mailto:leedsnaturistgroup@gmail.com)  
[www.leedsnaturistgroup.com](http://www.leedsnaturistgroup.com)

**HTB Naturists** Sessions at Harrogate Turkish Baths, Ripon Baths and Doncaster Dome. Various Saturday evenings: contact [htbnaturists@gmail.com](mailto:htbnaturists@gmail.com)

**Rydale Naturist Club**

Alternate Sundays 3pm-5pm  
[www.ryedalenaturistclub.co.uk](http://www.ryedalenaturistclub.co.uk)  
07528 409332

**Sheffield**

Chapeltown Baths 0114 221 5579  
**WALES**

North Wales 07932 745897  
Chepstow 07804 309130

Cwmbran 01633 482832

Llandudno 01978 751209

**Swansea and District Leisure Club**  
07890 129777

**Nudie Dudes South Wales, Llantwit Major** Third Sunday of every month, 5.15pm. 07817 773479  
**SCOTLAND**

Sunnybroom 07794 711627

Forth [www.forthnaturists.co.uk](http://www.forthnaturists.co.uk)

Tay Valley 01250 884 323

Scottish Outdoor Club

01563 534320

**NORTHERN IRELAND**

Northern Outdoor Association  
[noaclub@yahoo.com](mailto:noaclub@yahoo.com)

**IRELAND**

Southern Naturist Club  
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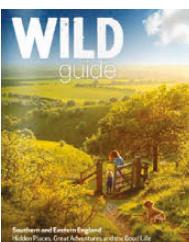
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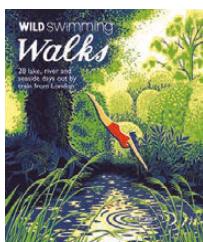
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**Books****Wild Guide: Southern and Eastern England**

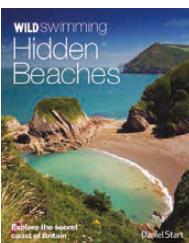
This naturist-friendly new compendium features more than 1,000 hidden places to visit, including ideas for slow food and wilder accommodation. From the wild swimming rivers, secret beaches and lost ruins of Norfolk and Suffolk, to the ancient woods, meadows and orchards of Kent and Sussex. Includes the New Forest and Isle of Wight.

**Code BKSWGSE Price £10.99**

**Wild Swimming Walks**

Join the famous swimming ladies of Hampstead on their favourite country walks – all accessible by train – across southern and eastern England. With walks from a few miles to a full day out, this book is ideal for naturists, families and the more serious adventurer too. With original illustrations and scenic photographs, plus detailed instructions, maps and intriguing anecdotes.

**Code BKSWSW Price £10.49**

**Wild Swimming Hidden Beaches**

This is the extended 2014 edition of Wild Swimming Coast. Daniel Start charts Britain's most beautiful secret beaches, describing the best places to swim, walk and explore. Includes 50 new locations and directions to over 400 magical spots, with suggestions for good pubs and campsites, plus difficulty ratings and safety guidelines.

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**Wild Swimming Italy**

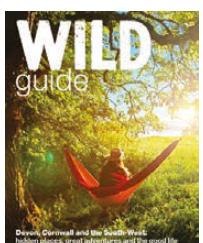
The Wild Swimming series travels to Italy to explore freshwater lakes, river beaches and lagoons. Perfect for family explorers or romantic adventurers, this stunning travel book combines beautiful photography with practical information including maps, directions, grid references and walk-in times. There are also recommendations for canoe trips, campsites and tavernas.

**Code BKSWSI Price £11.99**

**Wild Swimming**

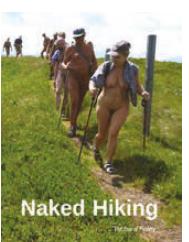
The best-selling photo guide has been now fully revised and expanded to include 150 new amazing wild swimming locations (almost 400 in total), brand new coverage in the South-East and the Midlands, new information for kids and families, new ideas for pubs, campsites, boat trips and weekends, plus new ratings on safety and access.

**Code BKSWS Price £9.99**

**Wild Guide: Devon, Cornwall and the South West**

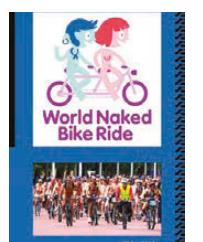
This compendium of adventures features the best wild places to visit in Devon, Cornwall, Somerset and Dorset, including the best secret beaches and wild swimming locations, amazing ancient woodlands and wildlife spectacles, and even treehouses, gypsy caravans, yurts and traditional pubs.

**Code BKSWG Price £9.99**

**Naked Hiking**

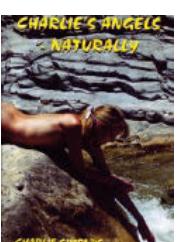
Many people may be surprised to discover that hiking naked in public spaces is fully legal and actively supported in many countries. Richard Foley's book brings together some of the best writers on the subject, including Stephen Gough (the Naked Rambler), Stuart Pitsligo (author of *Naturist, Red in Tooth and Claw*), and many others. Including more than 80 full-colour photographs.

**Code BKSHIKE Price £19.99**

**World Naked Bike Ride**

The WNBR is a global protest against oil dependency and urban pollution, promoting greater cycling safety, and encouraging body freedom. This book visually describes the event, its history, those who take part, and the motivations behind this very public demonstration. Including 250 photographs and images. Written and compiled by Richard Foley.

**Code BKSWNBR Price £19.99**

**Charlie's Angels – Naturally**

This highly acclaimed and lavishly illustrated book records, in words and pictures, regular H&E photographer Charlie Simonds' stories of working with 20 stunning ladies who have starred around the world in his 68 Parafotos films.

**Code BKSCAN Price £15.99**

**Wild and Free**

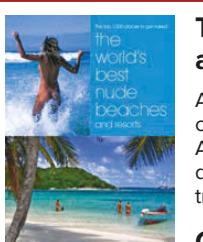
This is legendary H&E photographer Charlie Simonds' tribute to one of his 'Angels', Suze, with more than 150 pages of stunning images featuring naturist venues in the UK and abroad, and many more fascinating locations and unusual settings. With introductions by Charlie, Suze and H&E editor Sam. Naturist and art-nude photography at its very best.

**Code BKSSUZE Price £19.55**

**Bare Britain**

This is a beautiful guide to Britain's best places for baring all, with more than 50 beaches and 100 naturist clubs described. On a region-by-region basis, it highlights tranquil locations both on the coast and inland, and is packed with useful advice including travel directions.

**Code BKSBB Price £14.95**

**The World's Best Nude Beaches and Resorts**

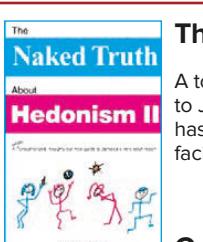
An enticing look at nude beaches in 50 countries across Europe, the Americas and Australasia, with an emphasis on quality destinations within easy reach of the average traveller.

**Code BKS0083 Price £14.95**

**The Naked Truth About Cap d'Agde**

This 192-page book (with 16 pages of colour photos) tells you why – and how – to make the most of a holiday to this famous 'naked city', which attracts 300,000 naturists and libertines each summer.

**Code BKSCAP Price £15**

**The Naked Truth About Hedonism II**

A totally unauthorised, naughty-but-nice guide to Jamaica's adult resort. Learn why Hedonism II has a 90% repeat guest rate – even though the facilities may be tired, and the food mediocre...

**Code BKSHEDO2 Price £15**

## Back issues



### December 1998

Featuring Greece, Corsica and Cornwall; Vera Playa TV special; stripping off in winter; naked Christmas gifts; horoscopes Christmas special; and more. Edited by Helen Ludbrook.

Code HEDEC1998 Price £7.99



### February 1998

Featuring: Naked Sexy Christmas; Men Who Dress as Women; Rambling Nude in the Lake District; Paradise in the Pyrenees. Edited by Kate Sturdy.

Code HEFEB1998 Price £7.99



### October 1999

Featuring: Naturism in Ohio; the Nudist Files of Scotland Yard; Winter sun guide, including Maspalomas and Portugal; and naturism in London's parks. Edited by Mark Nisbet.

Code HEOCT1999 Price £7.99



### January 2000

Featuring nude skydiving, naturists and water, naturism on the internet, and Future 2000 – six views on the past, present and future of naturism. Edited by Mark Nisbet.

Code HEJAN2000 Price £5.50



### June 2001

Featuring: The 'sex on the beach' debate; Expanding Naturism in the USA; Naked New York; Mexico Magic; the 2001 Grand Naturist Tour; Colonial Cover-up; and much more. Edited by Mark Nisbet.

Code HEJUN2001 Price £5.50



### September 2006

Featuring: Making Music at Merryhill; Fun, Sun and Sand at Studland; Happy Days – Happy Valley; Maspalomas – More Seagulls?; The Life and Times of the H&E Leisure Group. Edited by Sara Backhouse.

Code HESEP2006 Price £3.95



### November 2008

Featuring: Melanie Investigates; the Croatian resort of Koktebel; a visit to Millbank; clothing-optional beaches in Canada; and ideas for winter sun. Edited by Sam Hawcroft.

Code HENOV2008 Price £3.95



### January 2013

Featuring: The Alternative to Cap d'Agde; Winter Sun at Pevors Farm; RIP, Peng Travel; Chilling Out at Le Chênes; The Best Naked Fish Restaurant in the World?; and more. Edited by Sam Hawcroft.

Code HEJAN2013 Price £3.95



### Lifestyle: issue 7

From 1998, and edited by Helen Ludbrook. Featuring St Martin, Formentera, Nudefest 98, experiences of on-stage nudity, and more.

Code XX097 Price £5.50



### Lifestyle: issue 8

From 1998, and edited by Helen Ludbrook. Featuring bathing in Budapest, Cap d'Agde, Christmas in New Zealand, vintage H&Es, and more.

Code XX098 Price £5.50

## H&E magazine binders

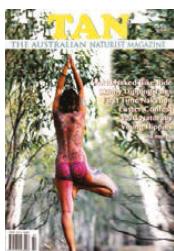
These English-made 'Cordex' binders are a great way to store your H&E magazine collection with pride. They come with securely fastened cords to hold all your magazines in place. With a rounded spine featuring the H&E logo in gold, these attractive red binders

give the appearance of a bound book, and allow for easy insertion of magazines by opening them to around the centre pages and slotting them underneath the cord.



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## International magazines



### TAN 68



The Australian Naturist Magazine, number 68. Featuring: Mass skinny-dip in Hobart; Seclude rainforest retreat; World Naked Bike Ride in Melbourne; naked golf; and much more. Published in autumn 2015, and imported directly from Australia.

**Code TAN68 Price £7.50**



### TAN 67

The Australian Naturist Magazine, number 67. Featuring: Flying the Flag at Kiata; A-Bay Beach Carnival; Streak the Cove Run; Samurai Beach Run; Sydney Contest; and much more. Published in summer 2015, and imported directly from Australia.

**Code TAN67 Price £7.50**



### TAN 61

The Australian Naturist Magazine. Featuring: Tyagarah Beach under review; Naturism in the UK; NATCON 2013; continuing body freedom protests; Don't Lock Up Your Grannies; and more. Published in winter 2013-14, this was the first issue from the new publishers.

**Code TAN61 Price £7.50**



### gonatural 235



The official magazine of the New Zealand naturist federation, published in December 2015. This issue includes: Facebook and nudity; the future of rallies; Paul Henry talks nude; breastfeeding naturally; Women's Renew weekend. Imported directly from New Zealand.

**Code GONAT235 Price £7.50**



### gonatural 234

The official magazine of the New Zealand naturist federation, published in September 2015. This issue includes: Anniversary Climbing Wall at Vantan; Nude Golf in Wairau Valley; Life Drawing at Oranui; Is Going Naked the New Black?; and much more. Imported directly from New Zealand.

**Code GONAT234 Price £7.50**



### gonatural 233

The official magazine of the New Zealand naturist federation, published in June 2015. This issue includes: 35th World Congress of Naturism; Pineglades Rocks; World Naked Bike Ride; A Day at Rotata; Nude Adventure in Marlborough; and much more. Imported directly from New Zealand.

**Code GONAT233 Price £7.50**



### gonatural 232

The official magazine of the New Zealand naturist federation, published in March 2015. This issue includes: Through a Teenager's Eyes; Passing of a Naturist Icon; Rapere Film Festival; Sunny Days in Hawkes Bay; and much more. Imported directly from New Zealand.

**Code GONAT232 Price £7.50**



### gonatural 231

The official magazine of the New Zealand naturist federation, published in December 2014. This issue includes: Croatia Naturally; The only naturist club in NZ with a gym; Rotorua and surrounds; INF Congress 2014 report; European Vacation; and more...

**Code GONAT231 Price £7.50**



### gonatural 230

The official magazine of the New Zealand naturist federation, published in September 2014. This issue includes: INF Congress 2016 - bid update; Nudfest 2014; Nude Golf International; Polar Plunge; A Tribute to Joyce Fleming; and much more...

**Code GONAT230 Price £7.50**



### gonatural 229

The official magazine of the New Zealand naturist federation, published in June 2014. This issue includes: Nude adventure in Marlborough; Hash House Harriers visit Te Maura; NUDVAN Mystery Safari; Naked Overlanders Deep South Trek – and much more...

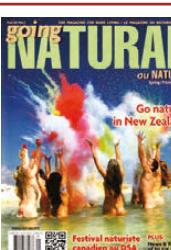
**Code GONAT229 Price £7.50**



### Going Natural Fall 2015



Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. This issue features: life drawing from an early age; a successful 2015 festival in Quebec; losing a great defender of naturist values; yoga on the high seas; and more. In French and English. **Code GNFALL2015 Price £7.99**



### Going Natural Spring 2015

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada. This issue features: 25 years of naked cruising; nude art nude; getting nudists to speak with one voice; go natural in New Zealand; and more. In French and English.

**Code GNSPR2015 Price £7.99**



### Going Natural Fall 2014

Published quarterly by the Federation of Canadian Naturists and imported directly from Canada. This issue features the Canadian 2014 Naturist Festival; Polynesian Dreams; Cottontail Corner Clothing-Optional Beach; and more. In French and English.

**Code GNFALL2014 Price £7.99**



### Going Natural Spring 2014

Published quarterly by the Federation of Canadian Naturists and imported directly from Canada. Includes: Love nature...garden naturally; The FCN flag's 1st nude cruise; Ma Journée dans un Spa – Textile; and more. In French and English.

**Code GNSPR2014X Price £7.99**

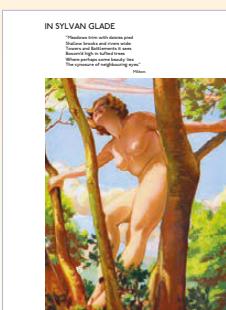
# Beautiful retro posters



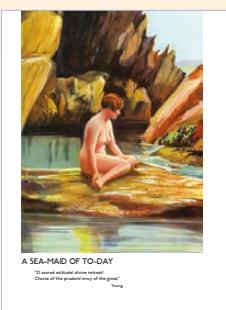
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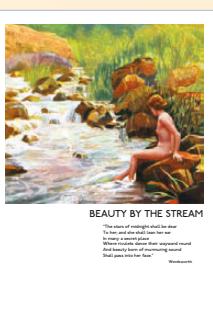
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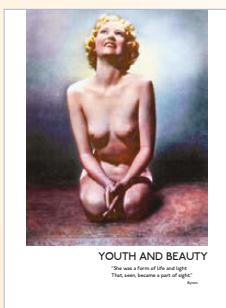
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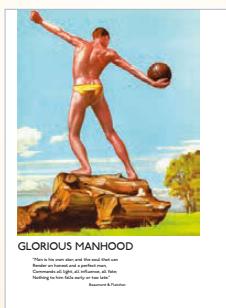
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POSTER 6



POSTER 7



POSTER 8

These eight beautiful posters are facsimiles of colour plates from the Health & Efficiency July 1936 issue. Faithfully reproduced, with verse extracts from the likes of Shakespeare, Wordsworth and Milton, they would look great on any wall and are a fantastic gift idea – you could even have them framed (frames are not included). Each poster is printed on 250gsm silk paper and is available in A2 or A3 size. Shipped in sturdy tubes. Post-free in the UK, see order form for overseas charges.

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**NATURIST MASSAGE** Tranquil surroundings in rural countryside. Heavenly massage done to a high standard. PLEASE NOTE: It is important that you visit my website [www.massageleicestershire.com](http://www.massageleicestershire.com) before calling me on 01162 596 753. Please only call within these hours: Mon-Fri 10am – 4.30pm. Thank you.

### LOUISE OFFERS

sensual and relaxing naturist massage for men and women. Waxing and other beauty treatments available. Fully qualified and experienced. Shower facilities available. Based in West Midlands. Call 07947 152 157. No withheld numbers.

**Adam's RETREAT**  
Male Only Naturist Guest House

Man to Man massage - fit male masseur offers discreet sensual full-body massage to single males & couples  
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## RELAXING SENSUAL NATURIST MASSAGE by GENUINE MATURE LADY NATURIST MASSEUSE

Private house, with off-road parking, only 5 min from junc 18 of the M6 (Cheshire). Shower and fresh clean towels supplied.

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[www.lancashiremassage.com](http://www.lancashiremassage.com)

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MALE & FEMALE THERAPISTS

SINGLE LADIES, GENTLEMEN & COUPLES WELCOME

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**TWO HOURS** of sensual/naturist massage by fit natural blonde, age 49. Genuine, non-rush service, 20 yrs therapist experience. Call Carina: 07487 630 885 or email [carinabliss@gmail.com](mailto:carinabliss@gmail.com). Heathrow/London/Ascot hotels, for mature male hotel guests.



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## ESHER – NORTH SURREY – KINGSTON AREA

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Visit our website at:  
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**INDIAN LADY OFFERS** Sensual and relaxing naturist massage and waxing available for men and women. Set in peaceful surroundings, fully qualified and experienced. Shower facilities available. Call 01827 251 995 NWN. Based in West Midlands.

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## SWINDON AREA

Sensual masseuse Ashley: I am black (British but of Caribbean origin), offering naturist massage. I have gorgeous ebony skin, I am 27 years old, tall (5ft 9ins) with brown eyes and long black hair. I am blessed with (natural) breasts, curves in all the right places and no piercings or tattoos. I have lots of massage training and experience and I mix this with my natural sexy persona to offer a sensual experience. Fully insured.

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We are Sally and Steven - A married couple based in Greater Manchester We offer a range of Naturist Massage for Males, Females & Couple CONTACT US ON - 07864 805999 Text Only Please Email [sandnaturistmassage@gmail.com](mailto:sandnaturistmassage@gmail.com)

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**07507 622981**

[www.naturistcleaners.co.uk](http://www.naturistcleaners.co.uk)  
[info@naturistcleaners.co.uk](mailto:info@naturistcleaners.co.uk)

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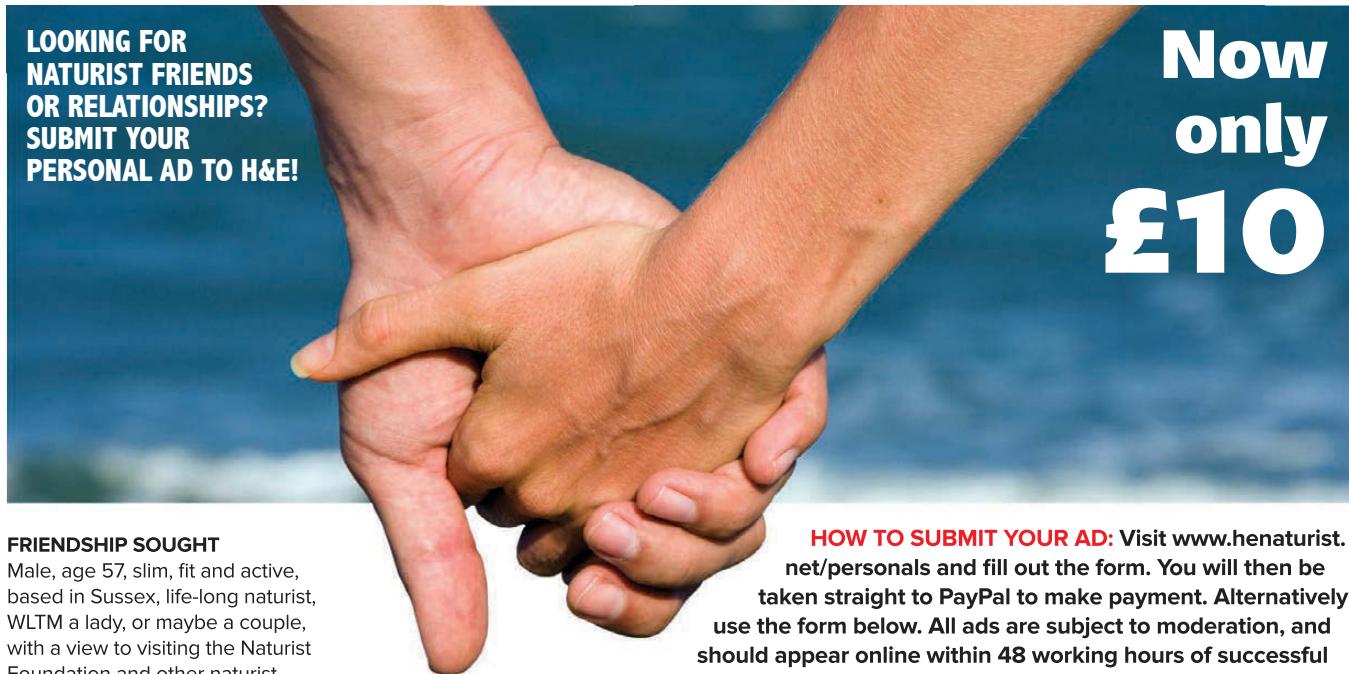
Fast, reliable service. Anywhere in the South East & London area. Tel: Ross 07517 360 455. (CRB-checked) For male/female couples only, no single males please. Please only call strictly between the hours of 8am-5pm, Monday-Friday.

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fun-loving Christian, in my 60s, mother and grandmother, seeks soulmate who loves travel and sunshine, and who is youthful. shalomhelenuk@gmail.com or 07790 636340 (Surrey/Hants)

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I would like a companion. All I need is company but you would need to be female.  
If you are interested and want to know more, contact me at paul6x6@yahoo.co.uk.

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I enjoy fun and use a motorbike, motorhome and Merc SLK.  
Happy to travel to your area, for a no-obligation and informal initial meet up.

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**WHITE, ATTRACTIVE, STRAIGHT MALE, 54**, 5ft 9in, medium-build, short hair, seeks females or couples aged 40-74 for fun, friendship and hopefully adult fun. I am clean, discreet, chatty, with a good sense of humour. Can travel or accommodate – distance no problem. Based in north London. Call Thomas on 07516 533 735.

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Visit [www.henaturist.net/personals](http://www.henaturist.net/personals) and fill out the form. You will then be taken straight to PayPal to make payment. Alternatively use the form below. All ads are subject to moderation, and should appear online within 48 working hours of successful payment, and be entered into the next print magazine.

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**YOUR ADDRESS:** .....

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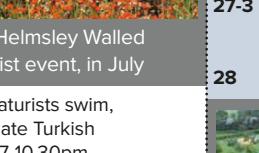
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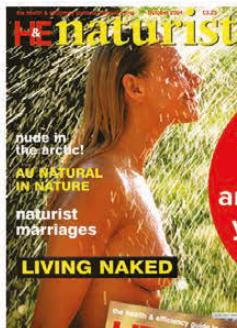
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# WHAT'S ON

<b>JANUARY</b>	
<b>23-30</b>	BN members' holiday to Gran Hotel Natura, Fuerteventura. HTB Naturists swim, Harrogate Turkish Baths, 7-10.30pm (booking essential).
<b>30</b>	
<b>FEBRUARY</b>	
<b>5-7</b>	BN Bournemouth weekend.
<b>13</b>	Southampton Skinny Dip, Oaklands Pool.
<b>19-21</b>	BN members' spa and city break, Rotterdam.
<b>19-21</b>	Peng Reunion weekend, Hotel Collingwood, Bournemouth.
 <b>HIGHLIGHT:</b> Helmsley Walled Gardens naturist event, in July	
<b>MARCH</b>	
<b>4-7</b>	BN Blackpool Weekend.
<b>19</b>	BN National Swim 2016, Aylestone Leisure
<b>APRIL</b>	
<b>20</b>	Centre, Leicester.
<b>26</b>	BN Eastern Region AGM, Broadlands, Norfolk. Les & Edna Ruby Wedding celebration, Croft Country Club.
<b>MAY</b>	
<b>7-14</b>	BN members' holiday to El Portús, Spain.
<b>13-15</b>	Naturist weekend, Camp Katur, Bedale, North Yorkshire.
<b>27-3</b>	Nudestock VII, Candy Farm campsite, South Yorkshire.
<b>28</b>	Fairies, Pixies, Elves
<b>JUNE</b>	
<b>23-26</b>	Jazz and real ale festival, Naturist Foundation, Kent.
<b>25</b>	Picnic in the Park, Croft Country Club.
<b>JULY</b>	
<b>5-11</b>	Nudefest 2016, Thorney Lakes Camping and Caravan Park, Langport, Somerset.
<b>9</b>	Ryedale Naturist Club event at Helmsley Walled Gardens.
<b>23</b>	70s & 80s theme night, Croft Country Club.
<b>29-31</b>	Party in the Stark, Naturist Foundation, Kent.
<b>AUGUST</b>	
<b>27</b>	Toga theme night, with hog roast, talent show and disco, Croft Country Club.
<b>SEPTEMBER</b>	
<b>2-4</b>	Great British Skinny Dip, across the UK.
<b>3</b>	BN WaterWorld Swim, Stoke-on-Trent.
<b>16-24</b>	EuNat/INF South European Event, El Portús.
<b>24</b>	Harrogate Turkish Baths, 7-10.30pm (not yet open for booking).
<b>25</b>	North East Skinny Dip, Druridge Bay, Northumberland.
<b>OCTOBER</b>	
<b>29</b>	Harrogate Turkish Baths, 7-10.30pm (not yet open for booking).
<b>NOVEMBER</b>	
<b>16-20</b>	35th World Congress of Naturism, Te Marua, Wellington, New Zealand.
<b>DECEMBER</b>	
<b>3</b>	Harrogate Turkish Baths, 7-10.30pm (not yet open for booking).
 <b>HIGHLIGHT:</b> Nudestock 2016, Thorney Lakes, Somerset, in July	
<b>Get in touch!</b> If you would like your event listing here, email <a href="mailto:listings@henaturist.net">listings@henaturist.net</a>	
<small>PLEASE NOTE: Although every effort is made to ensure information is accurate when going to press, H&amp;E cannot guarantee entry to any of the events above, and any changes or cancellations are beyond our control. Always contact the venue before travelling.</small>	



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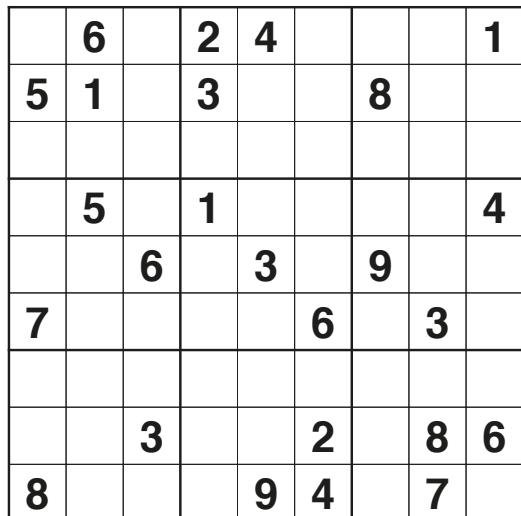
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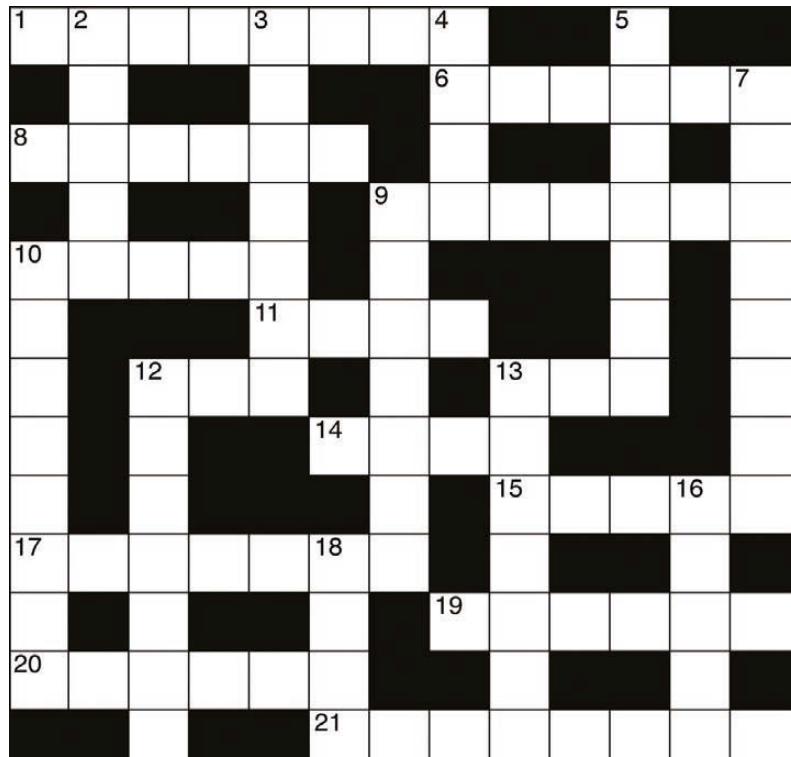
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## SUDOKU



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JANUARY 2016



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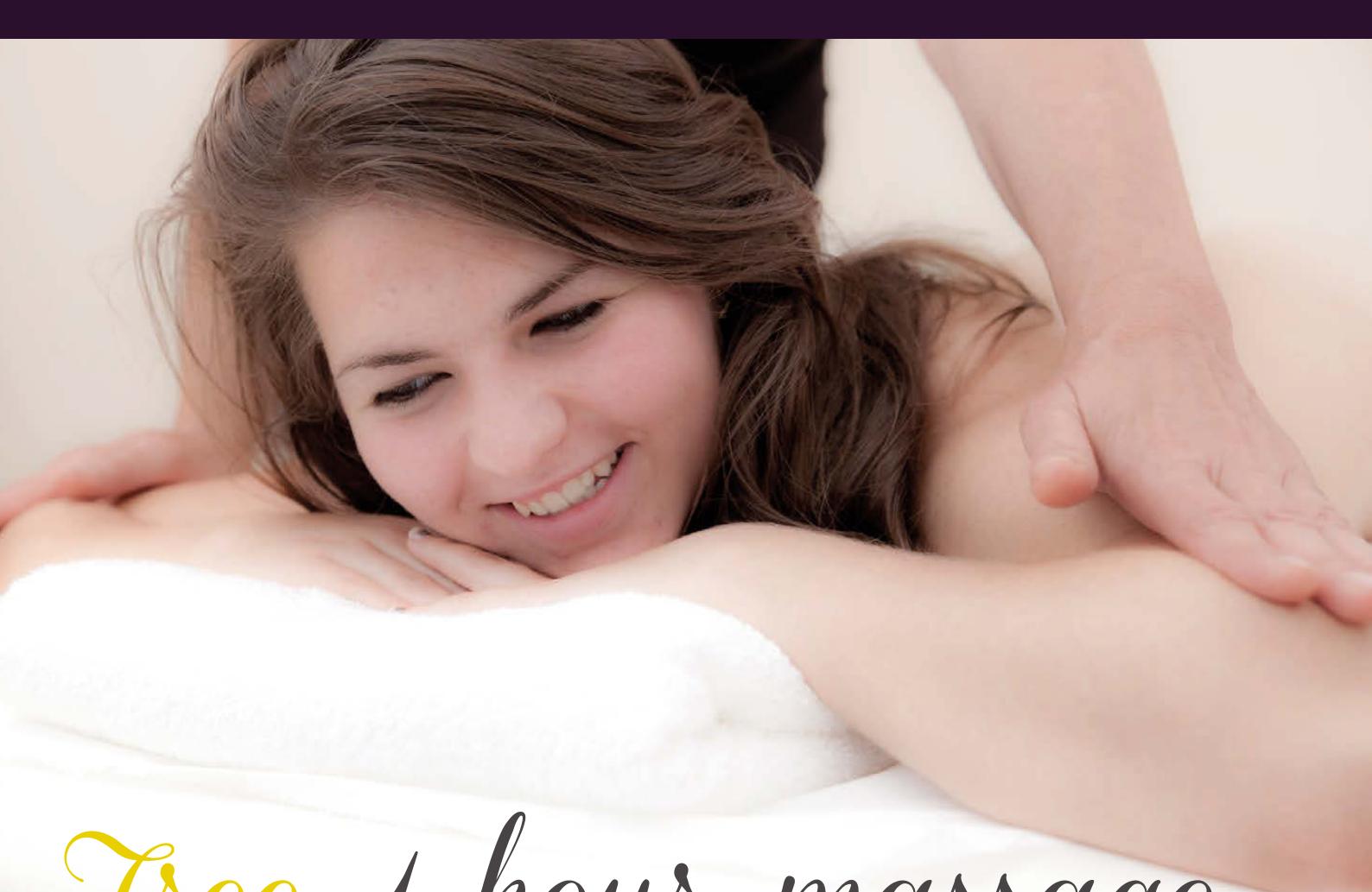
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